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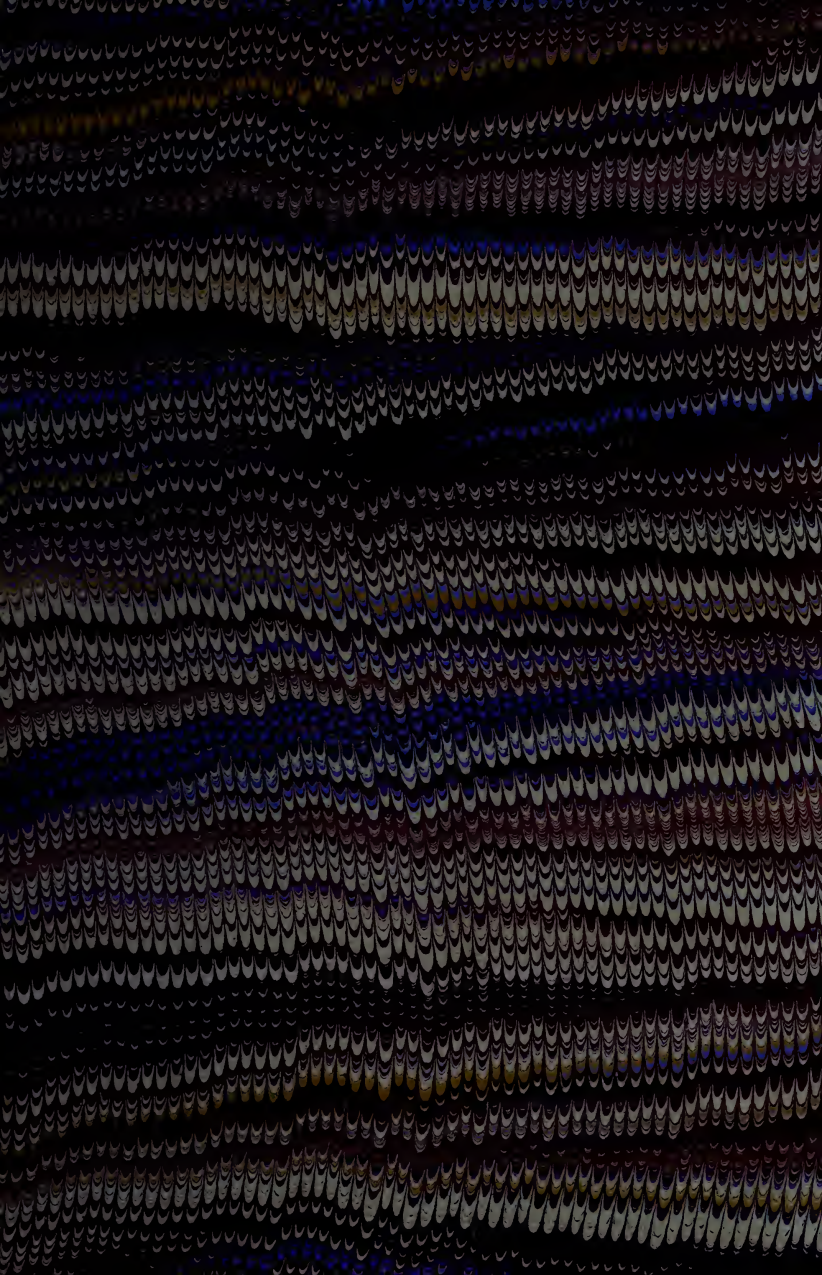
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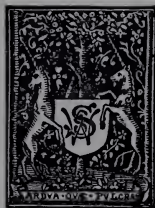
PICNICS AND SUPPERS

Picnics and Suppers

BY

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(WYVERN)

AUTHOR OF "CULINARY JOTTINGS," "SWEET DISHES,"
"COMMON SENSE COOKERY," ETC., ETC.



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PREFACE.

ALTHOUGH the object of this little work is to facilitate the task of composing the menus of suppers and picnics, it might almost be called a treatise on cold dishes the majority of which are equally suitable for luncheons. It is hoped that some new ideas on the subject may be found in its various sections, and that in spite of the appearance in them of several compositions with familiar names, a certain degree of novelty in the method of their preparation will be discovered.

I am aware that in common with other writers who follow the teaching of the best exponents of the French system of cookery, I have often been accused of being expensive, while by some my recipes have been condemned on the score of their richness. Whenever these charges have been brought against me *vivâ*

voce, I have been able to show, I think, that they were without real foundation. The use of the ingredients which cause richness in food is always a matter that can be regulated by taste and discretion. Thus cream can be dispensed with altogether, while butter and the fatty element in pies, boudins, forcemeats, sauces, etc., can be reduced. The dishes thus modified will not be at their best, but they will be nice enough, and free from all objectionable richness. It often happens, I have found, that injunctions as to this *optional* employment of cream and butter are not observed. The recipe is either passed over, or acted upon *au pied de la lettre* without consideration, while cooks delight in maintaining that the rich ingredients are indispensable. In the matter of sauces, if proper skimming be carried out the butter and any fat there may be are wholly removed. Wine is another adjunct which may be omitted, but, as the quantity recommended is never very great, it would appear scarcely worth while to sacrifice the flavour it produces.

The question of expense in cookery is one concerning which a great deal might be

written. Unless a housekeeper understands thoroughly and practically the art of enlightened cooking in all its branches, she cannot possibly discriminate between necessary and unnecessary expense, or perceive at a glance how culinary economy can be effected. For instance, the judicious outlay of a sixpence or a shilling may just make the difference between a dish which is partaken of with satisfaction and one that is condemned and practically wasted. In the vast majority of English kitchens the loss incurred by waste would cover the expense of practising the very best methods of cookery. The saving effected and vast advantages gained by utilising *everything* is still but little appreciated. Even in this little work the use of things too often thrown away—scraps, trimmings, giblets, *débris* of poultry and game, fish bones, vegetable trimmings and the liquid in which vegetables are cooked, glaze, etc., etc.—is frequently advocated. Recipes have been given moreover for dishes, well within the power of the ordinary domestic cook, the making of which at home will contribute considerably to economy—pressed beef, brawn, galantines, raised pies, terrines, etc.—

which, through a mistaken idea of difficulty in their preparation, many people purchase at double their cost ready made. I sincerely trust that my efforts in endeavouring to make this clear may be successful, and that the advice I have given on many points will be found worth following.

A. KENNEY HERBERT.

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SECTION I.

Supper Soups.

ALTHOUGH a thick soup may be liked for the Sunday supper in the winter, and be welcome as a restorative on returning home on a cold night, the soup given at late suppers after the theatre, at balls, receptions, etc., is, generally speaking, clear, and served in small cups without garnish. For such occasions beef tea, beef *bouillon*, chicken, veal, and game *consommés*, and clear mulligatunny are perhaps the most popular. To these, then, I propose to confine myself.

I. **Beef tea** for supper service need scarcely be as strong a decoction as that usually prescribed for the sick room, nor need it be composed wholly of gravy beef. Required a

it may be for a considerable number of people, it would be next to impossible to follow the rules laid down by experts for the making of small quantities of beef tea for invalids. The sort of thing required is a fairly strong plain beef broth without vegetable flavouring, and this should be made as follows :

Calculate for the party at the rate of one pound of gravy beef to a quart of water (instead of a pint as in invalid cookery), and allow for each quart eight ounces of finely broken veal bones or fowl giblets. The product will yield eight small cups of beef tea. Cut up the meat in half-inch squares and place them in a stock-pot or roomy stewpan; pour in the allowance of water, *cold*, and let the meat macerate for an hour. Now put the vessel over a low fire and heat its contents slowly until boiling point is approaching, when the scum will begin to rise. This must be skimmed off, and while the operation is being conducted, boiling must be checked by the addition of half a gill of cold water, repeated until the surface is clear. These additions will accelerate the rising of the scum, and make good the loss by evaporation. As soon as this has been done boiling may be

permitted, and then the bones or giblets must go in, having been prepared during the slow cooking of the broth in the following manner : Spread butter or fresh dripping over the surface of a baking dish and lay upon it the broken bones or well-chopped giblets. Push the dish into the oven and turn the bones about every now and then to encourage their browning lightly. In this condition they are ready for admission to the stock-pot.

The addition of the bones will have the effect of checking the boiling of the liquid; permit this point to be reached again, and then draw the pan back, allowing only a small part of the fire to be under its edge. Half an ounce of salt and a dozen pepper-corns must now be added. The lid, which should on no account be used during the first stage of the cooking, may now be put on, but not covering the pan entirely; a small portion should be left exposed for the escape of the steam. In this state the broth may be left to simmer gently for three and a half hours, care being taken to maintain the moderate heat under the edge of the vessel, and to move it round now and then so as to alter the spot where the heat is communicated to it.

The simmering having been completed the contents of the pan may be strained into a bowl to cool and throw up any fat there may be, which can then be easily taken off, the beef tea being heated up when required.

2. **Meat tea.**—It may be added that by following the directions just given an invigorating 'tea' can be produced from fresh lean meat of any kind or from mixed meats, while flavour may be changed by the introduction of the flesh and crushed bones of a fowl or game too tough for any other treatment.

3. **Bouillon or Beef broth.**—The following proportions of ingredients will produce if properly treated twenty-four cups of good *bouillon*: Cut into half-inch squares two pounds of fresh lean gravy beef and one pound of the lean from a knuckle of veal. Break as small as possible one pound of veal bones, and chop up the giblets of two or three fowls. Lay the meat at the bottom of a stock-pot, and cover it with three quarts of cold water. Let it macerate for half an hour, then proceed exactly as explained for beef tea, bringing the liquid as slowly as possible to near boiling point, and carrying out the instructions as regards skimming and throw-

ing back the boiling. Add the bones and giblets prepared in the same manner at the same moment, and with them the following assortment of vegetables, which should have been washed and cut up small beforehand: Six ounces each of onions, carrots, turnips, and leeks, the same of parsnip if available, an ounce and a half of celery, a fagot of herbs, an ounce of salt, and a dozen pepper-corns. The introduction of all this cold matter will, of course, materially check the boiling. Allow this to come on again, and then simmer with the lid tilted and the low fire at the edge of the vessel for three and a half hours. At the end of this time the broth should be strained off into a bowl, and left to get cold and throw up any fat there may be in it.

Clarifying.—If the broth was very carefully skimmed at the time indicated during its preparation it may be drawn off through the tap of the stock-pot perfectly clear, and only requiring straining to catch up particles of vegetable, the pepper-corns, etc., that may be floating in it. But the liquid *may* appear dull owing to some accident or omission. If so it must be clarified in this way: Choose a pound

and a half of quite fresh gravy beef, remove from it all sinew and any fat that can be detected, cut it up and pass it through the mincing machine. Now in a state of pulp it should be put into a basin and one perfectly fresh egg should be broken into it without the shell. This should be thoroughly mixed with a gill of the strained broth and used as follows: Put the cold and skimmed broth into a very clean utensil, set this on a brisk fire, and, using a whisk, stir into it the contents of the basin. Continue to stir with the whisk without ceasing, and by degrees as the heat increases a thick scum will gather on the surface of the liquid; watch narrowly for the first indications of boiling, and when these are apparent gently draw the vessel off the fire, or reduce the heat beneath it until the slightest degree of simmering is attained. Let it rest now for an hour, after which spread a freshly scalded straining cloth over a clean hair sieve with a bowl beneath it to catch the broth, and then pour the latter gently into the strainer, disturbing the sediment as little as possible. If after this there be still a dulness, scald a fresh cloth, and strain again.

Note.—The *débris* in the stock-pot, with the clearing meat which was strained off after the clarifying added to it, should be moistened with a couple of quarts of hot water, and after boiling up, simmered for three or four hours, thus producing a “second stock” which will be found very useful, especially if fresh scraps or cuttings of meat, trimmings of vegetables, the crushed bones of poultry or game, and a little extra seasoning be added.

4. **Consommé of chicken or fowl.**—The simplest method to adopt for the production of a nice chicken-flavoured broth is that followed in the making of *poule-au-pot*, but using *bouillon* instead of water for the moistening, or good well-clarified “second stock.” One fine stock-pot hen will flavour a broth sufficient for twenty people, but it often happens, especially on important occasions, that there are giblets and carcasses of fowls, the choice flesh of which has been taken for *entrées*, *crèmes*, *chaud-froids*, and the like, which can be well spared for chicken broth or *consommé*. To get the maximum value out of such material it is absolutely necessary to crush the bones as small as possible. Indeed, I would do this in the case

of a stock-pot hen : Take off the meat, mince it quite small, and chop the bones, back, and giblets on a chopping-board until they present the appearance of pulp. Put the mashed bones at the bottom of the pot, lay the minced meat over it, and then cover with the cold *bouillon* or stock. Let it macerate half an hour, then heat it gently over the fire, skimming very carefully before permitting the liquid to boil. Vegetables and seasoning as for *bouillon* should now be put in. After this has been done simmer gently in the manner already described with a tilted lid for two hours, then strain. If the moistening broth has been already flavoured with vegetables and seasoned, neither addition will be needed ; and if quite clear to begin with, and carefully skimmed during the cooking of the broth, clarification may be dispensed with. Stock-pot hens, however, are generally very fat, some of which substance, of course, will be dissolved. This must be taken off when the broth is cold the *consommé* being heated up when required, and served in cups.

5. **Veal broth or consommé** can be made exactly on the lines laid down for beef broth.

Transpose the weight of the two meats, and take two pounds of veal to one of beef; instead of the bones use a calf's foot, but retain the giblets. If there be on hand some well-clarified "second stock," it may be used whole or in part to moisten the ingredients instead of water. In all other respects follow the directions given for *bouillon*.

6. **A rabbit and mutton broth.**—Commence by making a good mutton stock in this way: Cut up as small as possible four pounds of scrag end of mutton, meat and bone mixed; put this into a stock-pot, and moisten with three quarts of water. Let this remain untouched for half an hour, then put the vessel over a low fire, and carry out the directions given for *bouillon*, adding the vegetables and seasoning in like quantity. Simmer from three to four hours, and then strain into a bowl, removing the fat in due course. Next take a full-grown rabbit—an old one will do—and, laying it upon a chopping-block, chop it, bones and flesh alike, to the condition of pulp. Put this into the stock-pot, cover it with the mutton stock, and carry out the process explained for chicken *consommé*. Clarify if necessary, and,

after straining and cooling, remove any fat that may rise. Heat up for service when wanted.

Note.—I have found that better flavour is obtained by cooking the fowl, game, or rabbit for *consommé* separately in the prepared broth than by cooking all together in one process.

7. Game consommé.—Excellent flavour can be got out of the carcasses of game birds or hares from which the best flesh may have been taken for *entrées* or pies. These should be crushed with the chopper as small as possible. The bones and remnants of cold roasted game also produce a useful *fumet*. If uncooked, the broken bones, etc., should be fried in butter with finely minced onion till nicely browned, and then moistened with *bouillon* or veal broth. The meat and bones of an old pheasant well hung will flavour a gallon of *bouillon*, the procedure being the same as that explained for the stock-pot hen in fowl *consommé*, with the exception of the preliminary frying with two ounces of minced onion just mentioned. A little marsala is allowable in a game *consommé*, a glass being added with a gill of broth while the bones, etc., are frying—not at the end of the operation.

8. **Clear mulligatunny.**—Any of the broths already given will do for the basis of this soup—that of veal being, if anything, the best. The flavouring should be got in the following manner: For two quarts of broth weigh one ounce and a half of coriander seed and a quarter of an ounce each of cummin and fenugreek; put these into a mortar, and crush them, but do not pound them to powder. Put the crushed seeds into a muslin bag with a salt-spoonful each of powdered cardamom and cinnamon, an *uncut* clove of garlic, and four bay leaves; secure the bag, and put it into the cold broth over a low fire, bring slowly to the boil, skim, and simmer for half an hour, by which time the flavour will be sufficiently extracted. Now remove the bag, and pour the soup into a bowl to get cold. There may be a slight oiliness drawn from the coriander seed, but this can easily be removed by strips of white blotting-paper gently drawn over the surface of the warm liquid. Serve the soup in cups after reheating it.

Note.—The strength of Indian condiments as purchased in England varies considerably according to the time they may have been in stock. For this reason I have given a good

allowance of the seeds for this soup. To guard against over-flavouring as well as under-flavouring, the soup should be tasted and the operation of simmering stopped as soon as the desired savour has been attained. A few drops of lemon juice may be added to finish with. I have found this method of flavouring with seeds the best that can be adopted. Turmeric and chilli powder do not appear as they do in curry powder; you therefore get flavour without pepperiness, while little or no difficulty is experienced in clearing the soup. Those who desire it can produce the effect of the chilli powder by a few drops of tabasco.

9. **Cold soup.**—This has of late years become fashionable during the summer months not only for service at supper but for dinner also. To prepare soup for presentation in this form the gelatinous ingredients must be omitted, or the liquid when cold will be firm instead of fluid. Bones, calf's feet, giblets, and calf's head must not be used; pure meat without gristle even, and vegetables should be employed alone. It must be remembered, therefore, that it is advisable to add a little to the meat to make good the deficiency of the things

omitted in preparing broth for cold soup—half a pound, say, for a pound of gelatinous material.

10. **Clear mock turtle.**—For four quarts of this for a reception or small dance cut up into inch and a half squares three pounds of gravy beef and the same of veal—without bone. Put this into a roomy stewpan with twelve ounces of clarified dripping, six ounces of onions, four ounces of mushrooms, four ounces of parsley, two ounces of celery, half an ounce of basil, a quarter ounce each of thyme and marjoram, and two bay leaves, with an ounce of salt and half an ounce of pepper. Stir the whole over a rather fast fire until it turns slightly brown, then moisten with two and a half quarts of hot second stock and two and a half of warm water with half a pint of marsala; continue to stir until boiling, then slip in half a calf's head previously blanched, and simmer gently for four hours. By this time the head should be done, remove it, place it under a weight and reserve it for any other dish; strain off the broth, let it get cold, remove the fat, clarify in the manner described, and serve without garnish in cups.



SECTION II.

Sauces.

WITH the exception of the rare occasions on which hot cutlets—an introduction of the last few years—form part of the menu, the sauces we have to think of for suppers of all kinds are, of course, those which are served cold. In respect of these an invariable rule must be observed—be sure that the sauce *is* cold. That is to say, if the dish to which it appertains has been made cold in the refrigerator, the sauce must be of the same temperature. A sauce that has been kept in the larder on an ordinary summer day will appear almost warm if handed in its natural condition with an ice-cold *entrée*. All ingredients for the mixing of cold sauces, especially of those in which such materials

appear as salad oil, eggs, or cream, must be as cold as possible. Failure in the proper thickening of a *mayonnaise* sauce is often caused in summer by the warmth of the materials, the basin in which they are blended, and the room in which the work is done. If the weather be at all hot it will be found a good plan to mix a *mayonnaise* sauce in the larder, to set the basin in which it is to be mixed in crushed ice for a quarter of an hour before operations are begun, to measure the oil according to requirements and put it in ice also for ten minutes—just long enough for it to become cold but not cloudy.

As soon as it is made, a cold sauce should either be set in the refrigerator or kept in a basin of crushed ice. Cream that has to be whipped should be treated in the same way. Dubois recommends that it should be kept in ice for twelve hours before being used. These precautions insure success, and reduce work to a minimum, for cold oil and cream become stiff with whipping very quickly. It need scarcely be added that all materials used in cold sauces should be of good quality, eggs, butter, cream, oil, vinegar, etc., for the presence of inferior

ingredients is more readily detected in cold than in hot sauces.

Taking the *mayonnaise* group first, I recommend that the plain sauce of that name be kept as simple as possible as a *foundation* sauce, variety being obtained by mingling different flavours and garnishes with it.

1. **Plain Mayonnaise sauce.**—Having everything cold as already explained, put two yolks of fresh eggs into a bowl or soup plate with a salt-spoonful of salt, stir with a plated spoon, gradually adding, *drop by drop* at first, cold salad oil; as you see the mixture gradually thickening, begin to increase the doles of oil a little in quantity until you have used half a pint of it. The two eggs will thicken from eight to ten table-spoonfuls of oil without difficulty. When this has been done, add a table-spoonful of French Orleans vinegar (Bordin's or Maille's). Correct if more salt be considered necessary, and having put the sauce into a cold sauce-boat keep it over ice or in the refrigerator until required. After the signs of thickening are satisfactory, the spoon may be exchanged for a small whisk, which expedites the work and produces a fine thick sauce.

Observe that no mustard is used in this, nor any aromatic vinegar or special flavour. These will be found in the following varieties which have been calculated for the half-pint of plain sauce:

2. **Sauce mayonnaise à l'estragon.**—Use tarragon vinegar instead of Orleans, and garnish with a tea-spoonful of finely minced tarragon leaves.

3. **Sauce mayonnaise aux fines herbes.**—Scald, drain, dry on a cloth, and mince finely chervil, chives, parsley, and watercress in equal portions, making a dessert-spoonful in all when minced, and stir this into a plain *mayonnaise* sauce.

4. **Sauce mayonnaise verte.**—Put a quarter of an ounce each of parsley, watercress, and chervil, all carefully picked, into boiling salted water and boil for seven minutes; drain, pound, and then pass the pulp through a hair sieve. Mix this into an ordinary plain *mayonnaise* sauce, thus turning the colour of the latter to a nice apple green—a darker tint is not desirable.

Note.—Tarragon is omitted in the two last sauces on account of its strong flavour which

quite overpowers those of any other herbs with which it may be associated.

5. **Sauce mayonnaise à la ravigote.**—To be correct, *ravigote* should be composed of chervil, burnet, chives, garden-cress, and tarragon—prepared as the herbs in *mayonnaise aux fines herbes*—all in equal portions except the tarragon, two leaves of which will suffice if blended with a tea-spoonful each of the other herbs. This mixture should be added to a plain *mayonnaise*.

6. **Sauce mayonnaise à la Tartare.**—Mustard should in this case be worked into the sauce in a dry state to begin with, a dessert-spoonful of the powder being about enough. The garnish should be one of *fines herbes*, with a dessert-spoonful of finely minced gherkins or capers, shallot vinegar taking the place of Orleans.

7. **Sauce mayonnaise à la rémoulade.**—Mixed French mustard (*moutarde de Maille* the best) is an essential feature in this sauce. One table-spoonful of it should be allowed for the quantity of *mayonnaise* sauce given in the recipe for plain *mayonnaise*; while to the garnish composed of pounded herbs as explained

for *mayonnaise verte* the fillets of four anchovies cut into little squares should be added.

Note.—It is customary to speak of the three last sauces as *sauce ravigote*, *sauce Tartare*, and *sauce rémoulade*. As, however, each of them is composed upon a *mayonnaise* basis, I think that directions are simplified by keeping them under that head.

8. **Sauce mayonnaise au raifort.**—For this simply add to a plain *mayonnaise* sauce in quantity as given in the recipe two table-spoonfuls of very finely grated horseradish.

9. **Sauce mayonnaise aux poivrons doux.**—When ripe capsicums are procurable an uncommon flavour as well as a red colour can be communicated to a *mayonnaise* sauce by mixing into it the pounded fleshy part of the skin of one or two capsicums according to taste. A good table-spoonful of the *purée* should be about enough.

Notes on mayonnaise sauces.—The yolks of hard-boiled eggs are often used to add to the volume and consistence of *mayonnaise* sauces. Two hard-boiled yolks to two raw would be a fair allotment for a pint of sauce, but the true creamy thickening depends upon the raw yolks,

the oil, and the very small quantities of oil which are added to the eggs at the commencement of the operation. The words "drop by drop" actually describe the process. Be very careful when adding vinegar: marked acidity in *mayonnaise* sauces is a mistake. Finely minced chives or green stem of onion may be stirred into a *mayonnaise* sauce, but after marinading for half an hour the "onion atoms" should be strained off.

10. A *mayonnaise* sauce can be made without eggs, Dubois' recipe being as follows: Put half a pint of liquefied aspic jelly in a bowl over ice, and as it begins to set beat into it with a whisk in very small quantities at a time about a gill of salad oil. The mixture will soon form, when additional oil may be whisked into it according to the quantity required. After this has been done the sharpening with vinegar must follow with a sprinkling of finely chopped herbs, and a table-spoonful of cream if liked. (*Mayonnaise collée.*)

11. Another variety thickened with arrowroot is given by the same author. Make a breakfast-cupful of very smooth and rather thick arrowroot with water in the ordinary way.

Let this get cold in a bowl over ice. While cooling season with a salt-spoonful of salt and one of mustard powder ; next add the yolks of three or four fresh eggs one by one to the arrowroot, using a whisk for the operation. Now begin to drop in salad oil in the usual manner followed in making *mayonnaise* until the desired quantity of sauce has been made. Finish with vinegar, etc., as in the previous recipe.

Another useful series of cold sauces can be made on a cold, savoury custard foundation, of which a simple form of *Hollandaise* may be chosen as a *sauce mère*. By "simple" I mean one made with milk and yolks of eggs instead of butter and yolks which form, of course, the true combination for a hot *Hollandaise*, but owing to the quantity of butter used, not suited for service cold.

12. Cold Hollandaise.—Make a rich savoury custard with half a pint of milk and four yolks of eggs ; season it with salt, white pepper, and a dust of Nepaul pepper. Set it aside in a bowl on ice to get cold, and make the following sharpening mixture : Put two gills of Orleans vinegar into a little saucepan, with a tea-spoon-

ful of minced onion and a pinch of salt, boil fast till about a liqueur-glass remains, strain this off, and when cold whisk it, drop by drop, into the cold custard. Half a pint of chablis similarly reduced, strained, and cooled gives a pleasant flavour and slight acidity. Nice with cold fish.

13. **Cold Béarnaise.**—For this sharpen the custard with chablis and vinegar in equal proportions, reduced as above, and garnish with a tea-spoonful of finely minced tarragon.

14. **Béarnaise tomatee.**—Make the sauce just given, and add two table-spoonfuls of tomato *purée* to finish with.

15. **Sauce de Cherbourg.**—To the cold *Hollandaise* add two table-spoonfuls of shrimp *purée* and one of coarsely chopped shrimps.

16. **Sauce Mousseline.**—This sauce may be described as a sharp *Hollandaise* whipped in a bowl when cold with a similar quantity of whipped cream until a frothy consistence is obtained. *Sauce mousseline* is much liked with all cold vegetables of a superior kind—sea-kale, asparagus, peas, artichokes, etc.

17. **Hollandaise aux anchois.**—Garnish a cold *Hollandaise* (No. 12) with two fillets of

anchovy finely minced, or stir into it a dessert-spoonful of essence of anchovy.

18. **Sauce Suédoise.**—Put twelve ounces of minced apples, weighed after peeling and trimming them, into a small stewpan, moisten with a claret-glassful of chablis, sauterne, or hock, season with salt and white pepper, and stir over a low fire until the moisture is gradually absorbed ; now pass the apples through a hair sieve into a bowl, when quite cold add an equal quantity of finely rasped horseradish, and finish by stirring in by degrees half a pint of plain *mayonnaise* sauce. Keep the bowl over ice or in the refrigerator till required.

19. **Sauce froide à la Seville.**—Peel off the rind of three oranges as finely as possible avoiding all of the white skin, and the same of one lemon. Put the peelings into a small saucepan with a pint of boiling water, boil briskly for seven minutes, then drain, and putting the peelings into a mortar, pound them to a paste. Now wipe the saucepan and put half a pound of red-currant jelly into it with a gill and a half of Burgundy or port wine and the peelings paste ; melt the jelly in the wine and then pour it off into a bowl ; when cool

add the juice of the three oranges and that of two lemons, seasoning with a salt-spoonful of salt and half one of Nepaul pepper. If the oranges are very sweet a little extra lemon juice should be put in.

20. **Horseradish sauce.**—Rasp as finely as possible a heaped-up table-spoonful of horseradish; soak two table-spoonfuls of white crumbs in white broth or milk; press out the moisture and put the pap thus obtained into a mortar, and pound it with the horseradish raspings; sharpen this with a tea-spoonful each of tarragon and of chilli vinegar, season with a salt-spoonful of salt, and whip it with half a pint of cream in a cold bowl over ice.

21. **Sauce froide à l'Anglaise.**—Stir over a low fire half a pint of apple purée (not sweetened) with a claret-glassful of cider until the moisture has been exhausted, add to it a table-spoonful of horseradish raspings; season this with salt and Nepaul pepper. Stir the mixture in a bowl over ice as you pass into it the juice of two oranges. Finally whisk it with two gills of plain *Hollandaise* sauce.

22. **Persillade or vinaigrette.**—Put into a soup-plate a dessert-spoonful of French mustard,

a salt-spoonful of salt, and half one of pepper ; moisten with salad oil by degrees, using a fork and adding a tea-spoonful of tarragon vinegar to eight of oil. About double this measure will be enough. Garnish with a table-spoonful of minced parsley, chervil, and chives or green stem of onion mixed in this proportion : two tea-spoonfuls of the parsley and one each of the other two. An additional garnish may be added in the form of one hard-boiled egg, granulated by being pressed through a wire sieve. This should be scattered into the sauce to finish with.

23. **Brawn sauce.**—Put the hard-boiled yolk of an egg in a cold basin, and with the back of a plated spoon bruise it with a table-spoonful of mixed mustard, a salt-spoonful of salt, and half one of pepper ; add a very little salad oil to make a paste of it, and mix with it a tea-spoonful of powdered sugar ; when these ingredients are blended, break into the basin the yolk of a fresh egg, and, taking a fork, begin to beat in with it, drop by drop, salad oil as explained for *mayonnaise* until about two gills of sauce have been made ; now sharpen well with vinegar—that from walnut

pickle for choice—and set the basin in the refrigerator till the sauce is required. This should be a decidedly sharp sauce, and if liked heat may be communicated to it by using chilli vinegar or a few drops of tabasco.

24. **Another brawn sauce.**—Beat together in a basin with a fork by degrees three table-spoonfuls of salad oil, with one and a half of vinegar, a good dessert-spoonful of made mustard, and the same of sifted sugar; add the juice and rasped zest of an orange, and season with a salt-spoonful of salt and half one of pepper.

25. **Wyvern's cold poivrade sauce.**—Clean and cut up small four ounces of onion, eight of tomatoes, two of carrot, and two of turnip, half an ounce of celery, and the same of parsley. Fry these in an ounce and a half of butter or clarified beef dripping until soft; sprinkle in a table-spoonful of mixed green herbs, with a seasoning of salt and black pepper, and moisten with five gills of hot water and three gills of Orleans vinegar; bring to the boil slowly, skimming carefully, and then simmer until the vegetables are cooked. Now drain off the broth into a bowl. When cold take

off any fat there may be on the surface. Next, put the broth into a clean stewpan, set it over a fast fire, and stir in a table-spoonful of red-currant jelly, which will dissolve as the heat increases. While this is proceeding mix thoroughly in a small bowl an ounce and a quarter of rice flour (Groult's *crème de riz* the best) with just enough of the broth to moisten it, and when the broth in the stewpan boils pass this into it through a pointed strainer, stirring for ten minutes to complete the thickening; take off the pan when this has been accomplished, strain its contents through a hair sieve, and mix into the sauce now produced half a pint of claret or Burgundy. Let it get as cold as possible.

26. **Wyvern's cold devil sauce.**—Melt an ounce and a half of butter in a small stewpan over a moderate fire, put into it three ounces of finely minced red shallot; fry gently, adding the minced skin of two green chillies or of one fair-sized capsicum, and a tea-spoonful of rasped green ginger. When the shallot has browned lightly, moisten with half a pint of good broth, half a pint of claret, and a table-spoonful of chilli vinegar; stir in while this is heating a

table-spoonful of chutney (Vencatachellum's tamarind for choïce) and a tea-spoonful of sugar or red-currant jelly. Boil up, skim, simmer for fifteen minutes, and strain. When cold, remove any fat that may have risen, and serve as required.

27. **Tomato relish.**—Melt an ounce of butter in a stewpan, put into it a dessert-spoonful of finely minced shallot, a clove of garlic *not cut*, and the finely minced skin of two scarlet chillies or of a ripe capsicum; fry together for five minutes, and then stir in a pound and a half of ripe tomatoes of as rich a colour as possible, coarsely cut up, seeds, juice, and all. Continue the frying, during which the tomatoes will soften to a pulp and produce quite enough moisture for our purpose. Now add a dessert-spoonful of vinegar reduced as explained for *Hollandaise*, season with a good tea-spoonful of salt, a salt-spoonful of black pepper, and a tea-spoonful of minced sweet basil. Next add half a pint of really good *jellied* meat broth—the jelly produced from pounded chicken bones, and giblets, with lean veal trimmings for instance—boil up, pick out the clove of garlic, and then pass all through a hair sieve into a basin.

When cold remove any butter that may have risen. The jelly should have given the sauce a consistence about as thick as conserve of tomato. If not, return the composition to the stewpan, melt, boil up fast, and reduce by fast boiling, stirring unceasingly till the desired condition is produced, setting it to get cold again.

28. **Mint sauce.**—The proportions for this well-known accompaniment of lamb may be fixed as follows: One gill of Orleans vinegar, half the same measure of water, and two table-spoonfuls of powdered sugar mixed with three table-spoonfuls of finely chopped mint. Pick the mint leaves as young and fresh as possible, wash, scald, and dry them, and mince just before adding to the vinegar, etc.

29. **Herbs sauce.**—Something like the foregoing with this difference: reduce the sugar by half, and instead of mint put into the liquid a dessert-spoonful each of finely minced chervil, chives or green stem of onion, marjoram, rosemary, and basil. Infuse for two or three hours.

Note.—These two sauces may be made on a larger scale and kept bottled for use, as they keep very well. Herbs sauce may be used to

flavour salads instead of tarragon and other vinegars. Both can be made in the winter with dried mint or herbs as the case may be.

30. **English salad sauce.**—It is as well to place a reliable recipe for this homely preparation on record: Boil three eggs hard, *i.e.* quite fast for a quarter of an hour; then put them into a bowl of cold water, and, when quite cold, cut them in halves lengthwise, remove the yolks, which put into a cold soup-plate, and save the whites for garnish. Proceed with the back of a silver-plated spoon to bruise the yolks, mixing with them a salt-spoonful of salt, half one of white pepper, and a desert-spoonful of made mustard; add a few drops of salad oil to this just to make it into a paste; now break in one raw yolk and commence working into it with a fork, drop by drop, oil as explained in making *mayonnaise* sauce until half a pint has been used. By this time if the oil has been added patiently the sauce will be smooth, thick, and creamy; add next a table-spoonful of tarragon, shallot, elder, or herbs vinegar as may be desired, or plain Orleans vinegar with a dessert-spoonful of finely minced tarragon, chives, or other aromatic herb.

Some put in a tea-spoonful of finely minced green salad onion to start with, in which case it is advisable to pass the sauce, when finished, through a strainer, since all do not like eating pieces of onion, though not objecting, perhaps, to a slight flavour of the bulb.

Note.—Remember to have the ingredients cold before you commence to mix them. On a hot summer's day a little crushed ice under the soup-plate will assist the operation. For picnics this sauce should be carried in a wide-mouthed bottle well corked down. Variety in flavouring can obviously be obtained by changing the herbs which are scattered in, or the vinegars.

31. **Cold asparagus sauce:** equally applicable to cold *fonds d'artichauts*, mixed cooked vegetables (*macédoine*), French beans, *stachys Japonnais*, sea-kale, celery (cooked), salsify, etc.—A gill of English salad mixture (half quantity as above) mixed with two gills of plain *Hollandaise*, the two sauces beaten together with a whisk in a bowl over ice.

32. *Cold lobster, crab, prawn, langouste, shrimp, and crayfish sauces* can be prepared for service cold by blending the finely shredded

flesh with plain *Hollandaise*, finished if liked with a spoonful of cream or *mayonnaise* sauce. About two table-spoonfuls of the shellfish to half a pint of the *Hollandaise* will be found a fair proportion. If a creamy consistence be desired the shellfish must be pounded with a little butter and passed through a hair sieve.

33. **Cold maître d'hôtel sauce.**—This can be obtained by sharpening a plain *Hollandaise* with lemon juice and garnishing with finely chopped parsley. The parsley should be scalded in boiling water for three minutes and dried before mincing.

34. **Sauce Lyonnaise.**—Melt an ounce of butter in a stewpan over a moderate fire, then stir into it a table-spoonful of finely minced onion, a desert-spoonful of minced celery, and the same of parsley; season with a tea-spoonful of powdered rosemary salt and white pepper; fry, and when softened but not coloured moisten with three gills of tomato *purée*, stir well, and bring to the boil, skim, then strain into a bowl and add two gills of *Hollandaise* and one of cream; whisk all together over ice and serve very cold.



SECTION III.

Garnishes, Maskings, etc.

IN the arrangement of cold dishes for the table garnishes play an important part. It is accordingly necessary to deal with the subject separately. For while excessive ornamentation cannot be too strenuously condemned, it must be admitted that tasteful and attractive dishing is specially necessary in respect of the supper table. Let this be carried out, however, with simplicity and neatness. Pipings of coloured compositions squeezed out of forcing bags over the surfaces of hams, turkeys, galantines, etc., in the manner practised by the confectioner in the embellishment of cakes; inlayings of devices cut out of various things; and the use of *hatelets* (skewers) stuck with truffles, aspic jelly, and

cocks-combs, are as incongruous as they are vulgar. If such elaborate work were in any way beautiful there might be an excuse for spending upon it the time that it requires. But it is very far from beautiful—to many, indeed, it is repulsive. Valuable time is wasted, art is insulted, and savoury food degraded by such fiddle-faddle. Over-ornamented dishes may attract attention to the shop window, or the buffet of the cooked provision merchant; but people of taste and education look upon them simply as *tours de force* for advertisement, not as examples actually to be followed. It is quite possible to make cold dishes very attractive without adopting the methods I have condemned. A good rule to adopt, I think, is to exclude all ornamentation that is not in itself edible, that looks edible, and is intended to be eaten: to banish all ready-made artificial colouring, and adhere only to the tints to be produced by simple processes with spinach and green herbs, tomatoes, lobster coral, yolks and whites of eggs, glaze, caviarc, truffles, and mushrooms.

No series of cold dishes can well be composed without the use of

Aspic jelly, the preparation of which at one time entailed good meat stock, and the boiling down and simmering in it of calves' feet, ox heels, or sheep's trotters, in order to secure the requisite solidity. The necessity of this somewhat lengthy and expensive process has been removed, of course, by the introduction of gelatine, a material that has been much improved of late years. Nevertheless, it must be admitted that the employment of this labour-saving ingredient has brought about a decided falling-off in the quality of aspic jelly. The reason is soon arrived at. It is so easy to produce a jelly by its means that many cooks are tempted to scamp their work, and omit much that ought to be done to produce a good aspic even with the valuable assistance of gelatine. With water tinted with caramel or ready-made meat extract flavoured with tarragon and a little wine, seasoned, and sharpened with vinegar, dissolved gelatine added to it according to quantity, and the whole clarified with whites of eggs, a pretty-looking clear jelly may be made; but in the matter of flavour it cannot be compared for a moment with the solidified *consommé* of the old school in the

days when aspic was confined to the tables of the wealthy. The consequence is that it is quite common to see people carefully scraping off the jelly in which an *entrée* may be set, and leaving wholly untasted a part of the dish which ought to form one of its attractive features. When aspic is merely required for *socles* or platforms upon which a supper *relevé* is placed, or for the ornament of a dish in the form of *croultons*, or little heaps of broken jelly—not intended to be eaten—it may be allowable to adopt the subterfuge I have just described; but when it is associated with a *chaud-froid*, or moulded *entrée*, used for the outer coating of galantines, for garnishing *terrines*, pies, etc., it should be both nice to look at and savoury to the taste.

Two kinds of aspic jelly should, therefore, be recorded: one of them—an exception to the rule as to the edibility of garnishes—for ornament only; the other made savoury with meat and vegetables, pleasant to the taste, and a decided assistance to the dish of which it forms a part. The former should be of a firmer consistence than the latter, because it may have to support the weight of a *poularde*, galantine,

or other heavy *pièce montée*; also because, when cut into *croûtons*, it must be quite firm, with clearly defined edges, and when chopped the pieces must not cling together. The following recipe may be followed for its production :

1. **Decorative aspic.**—Dissolve two and a half ounces of gelatine in half a pint of warm water. Put a pint and a half of water into a stewpan, season with a dessert-spoonful of salt, and stir into it the finely rasped zest (the coloured outer skin without pith) of a couple of lemons ; set this over a fast fire, add the dissolved gelatine, and the lightly frothed whites of two eggs with their shells ; stir round with a whisk without ceasing, adding enough caramel (Parisian essence) to give the water the colour of a light clear soup. When the first indications of boiling are observed lower the fire, or draw back the vessel, and reduce the cooking to the gentlest form of simmering for ten minutes. While this is going on scald a piece of clean flannel, arrange it as for soup straining with a bowl below it, and pour the liquid from the stewpan into it very gently, so as not to disturb the scum and sediment. If not very clear, the jelly must be melted and strained again through

a freshly scalded flannel. This keeps well, as there is nothing in its composition liable to turn sour, as in the case of aspic made of broth flavoured with meat and vegetables, especially the latter.

Notes.—(a) Wine, vinegar, and flavouring herbs are omitted in this recipe purposely. All that is wanted is a bright, clear, and firm decorative agent; and it is obviously absurd to waste flavouring materials upon a decoction which is not intended to be eaten.

(b) The general rule regarding gelatine is that, to bring about the correct edible consistence, an ounce is required for a pint of liquid; but this may vary slightly, and as there are now several gelatines in the market, some of them stronger than others, experiment with the one used is necessary to settle the point. When ice is available, the process of setting is, of course, more rapid than in ordinary circumstances; but when removed from the influence of ice, as in a warm supper room, a jelly is apt to lose consistence. It is consequently unwise to reduce the amount of gelatine on account of having ice for the setting.

(c) I do not recommend the use of jelly

bags, because they are apt to become musty after very little use, the taint being quite disagreeable enough to ruin anything that may be passed through them. It is better to use pieces of flannel, which should be freshly boiled, cooled in cold water, wrung out, and dried in the open air after each operation. Neither soap nor soda should be used, and as soon as the slightest signs of taint are perceptible the flannel should be relegated to the scullery for scrubbing work. A jelly bag is not nearly so easily wrung out and dried as a plain square of flannel.

2. **Savoury aspic.**—For this a good clear broth should be allowed—any one of those already given in Section I. Allot an ounce of gelatine to each pint. Dissolve this, stir it into the broth, and clarify with meat as described for *bouillon*, adding during that process a dozen leaves of tarragon, a sherry glass of chablis, sauterne, or marsala (according to the dish for which it may be required) per quart, and sharpen *very moderately* with lemon juice or vinegar. As a rule, aspic jelly is spoilt with the excessive amount of acidity that is given to it.

3. **Aspic with vegetable broth.**—This is as nice as the foregoing, and particularly well adapted for moulding *mayonnaises* and cold cooked salads: Weigh and slice up in thin discs six ounces each of carrots, turnips, onions, and leeks; chop up one ounce of celery and the same of parsley. Put two ounces of butter into a stewpan, melt, and stir in the whole of the vegetables. Fry over a fairly brisk fire, moving the contents of the pan about with a wooden spoon, and when they soften and begin to take colour reduce the heat under the vessel, and moisten with three pints of warm water. Now add a *bouquet garni* of marjoram, thyme, and bay leaf, and season with an ounce of salt, a tea-spoonful of mignonette pepper, and a blade of mace. Bring slowly to the boil, skimming off all scum that may rise, and when clear let the broth simmer very gently for an hour, by which time the flavour of the vegetables will be extracted. Strain off the broth gently, pressing the moisture out of the vegetables into it, and let it get cold. Take off any butter that may now come to the surface, and test the broth for colour. If the frying has been properly managed there will be little needed,

but if it be too faint a few drops of caramel or mushroom ketchup will give it the clear-soup tint required. By the time that the broth is strained off about a quart will remain—presuming, of course, that fast boiling was carefully avoided. Two ounces of dissolved gelatine will then be required. Put the cooled broth into a very clean stewpan, mix into it the dissolved gelatine and the frothed whites of two eggs with their shells; stir this with a whisk over a fastish fire, adding a sherry glass of chablis, sauterne, or hock, and follow the previously given instructions in regard to the completion of the clarification, etc. No vinegar is required for this variety of aspic; the slight acidity of the white wine will give all that is needed in that respect.

Note.—If instead of water the *cuisson* of beans or peas be used a still more sapid flavour will be produced, and the pods of young green peas cut into julienne-like strips, or shredded lettuce leaves, will improve it.

4. **Meat jelly.**—This is used to garnish the open surfaces of raised pies, and for several savoury cold dishes. It need not have quite the crystal clearness of aspic, but it must be

decidedly more indicative of the presence of meat, game, or fowl in its composition than is generally the case with that preparation. A very firm consistence is not necessary, and if giblets, crushed bones of fowls or game, calf's feet, ox heels, or sheep's trotters are used in its making, gelatine can be dispensed with. The veal broth No. 5, Section I., slightly reduced by boiling with perhaps an extra calf's foot, and well clarified with meat, will yield a very good meat jelly, and four ounces per quart of minced lean uncooked ham or gammon of Wiltshire bacon may be cooked with the other ingredients to produce a richer savouriness.

5. Jelly for game pies.—For this be guided by the advice for game *consommé* No. 7, Section I., adding a calf's foot to increase the gelatinous quality of the preparation.

Note.—(a) As in hot weather decoctions of meat and vegetables are apt to turn sour, it is a wise plan never to make more aspic or meat jelly than may be actually wanted. In pies and mouldings a little goes a long way, and a careful cook will be able to judge without much difficulty what quantity will be needed.

(b) When the broth of which a savoury aspic

is composed is naturally jellified when cold, less gelatine than the ounce to the pint should be allotted, according to judgment.

6. **Meat glaze.**—This is an indispensable medium for the proper finishing of cold dishes of the larger kind, such as galantines, boar's head, pressed beef, spiced beef, etc., etc. It is to be procured, of course, in a solidified state at the stores and from all leading cooked provision merchants. Select light-coloured pieces rather than dark, for if very dark the chances are that the glaze will be acrid from having been slightly burnt in the process of reduction. The proper colour should be a warm cigar brown, without a shade of blackness about it. Glaze can be made at home without difficulty, however, in this way: With giblets, trimmings of meat uncooked, crushed veal, or poultry bones, and odds and ends of veal and vegetables make as good a broth as you can, free it from fat, and clarify it. Strain and cool it. Then proceed to boil it down, watching and stirring it with unremitting attention. When the liquid thickens, browns, and assumes the consistence of ordinary sauce, coating the spoon slightly when it is lifted out of it, the glaze is ready:

pour it off into a jam-pot, and when cold it will solidify. A quart will yield a good gill of glaze.

The application of glaze is often overdone and clumsy. A thick coating of it is unnecessary, while tinting it with red is preposterous. The process can be best compared with varnishing, and all that is needed is to melt the glaze by putting the pot containing it into the bain-marie pan, or in a sauté-pan with hot water up to a third of its depth, and heat it gradually. Then, having the piece of meat neatly trimmed and cold, to apply the melted glaze with a rather stiff glazing brush—a pastry brush is too long in the bristles. The appearance to aim at is a clear glistening surface, as I have said, like that produced by varnish; not a heavy opaque smearing. Let the first application dry thoroughly in a cold larder, and then give it another layer of varnish. The colder the surface of the meat the quicker the glaze will set.

7. **Game glaze**, for use with dishes composed of game, is made exactly like meat glaze, but with a game *consommé* No. 7, Section I., for its foundation.

8. **Fish glaze**.—Used to improve the appear-

ance of blocks of cold salmon, lake or salmon trout dished whole, cold *boudins* or *pains* of fish, etc., is produced by boiling down a gelatinous broth made of white fish cuttings and vegetables. For this take three and a half pounds of turbot, brill, sole, whiting, haddock, or cod cuttings; heads of turbot or cod especially good. Chop them up small, put them into a stewpan. Cover with five pints of water and a pint of chablis, sauterne, or hock, or omit the wine and substitute a gill of Orleans vinegar; bring slowly to the boil, skimming as in soup-making, and then put in four ounces each of turnip, carrot, and onions, one of celery, one of parsley cut quite small, a *bouquet garni*, and a seasoning of salt (one ounce), mignonette pepper (half ounce), and mace (quarter ounce). Boil up once after the addition of the vegetables, and then simmer for an hour and a half. Now strain off the broth, cool it, take any fat or scum that may form on its surface, colour it with a few drops of caramel, and clarify with the whites and shells of four raw eggs. After clearing and straining this, boil it down to a glaze as in the case of meat glaze.

9. **Maskings.**—These may be described as gelatinated sauces, white or brown, which are used for coating cold *entrées*, boiled turkeys, capons and fowls, boned quails, lark *ballotines*, cutlets, *médallions*, etc. They are met with in white and brown *chaud-froid* sauces, which, in other words, *are* masking sauces, and any sauce may thus be adapted by adding diluted aspic jelly to it in sufficient quantity to cause it to set upon the cold surface of the thing which has to be masked. The proportions should be two table-spoonfuls of chopped stiff aspic jelly to three gills of hot sauce. Stir until the jelly liquefies, cool, and use before setting actually commences, for in that condition the masking becomes lumpy.

Small things, like cutlets, *médallions*, and *ballotines* are better when dipped into the masking, being held on the point of a skewer during the operation; pieces of bird for a *chaud-froid* should be dipped in like manner. After dipping lay the coated morsels out on a very cold joint-dish over ice to set the masking, and when this is satisfactory detach them with a palette knife, trimming off any superfluous masking which may have spread upon the dish.

Masking trimmings can be melted again, and used as may be required.

Pink masking for fish cutlets can be made with shrimp cream, tinted with lobster, coral, and gelatinated. Green and ordinary *mayonnaise* sauce may be given a like consistence with liquid aspic stirred into them by degrees when cool, but not quite setting, and used to mask pieces of chicken or fish for *mayonnaise* garnishes, and thin purées of asparagus, peas, or spinach may be converted into maskings in the same manner.

Brown masking is produced with Espagnole sauce, to which aspic in the proportions just given has been added.

Note.—If there happen to be no aspic at hand, dissolved gelatine can be stirred into a hot sauce over the fire until thoroughly blended with it ; half an ounce to a pint will be found sufficient to convert it into masking. Cool and use when this is nearly setting, as already mentioned.

10. **Tomato garnish.**—It is necessary to choose ripe tomatoes for this of a rich deep colour. Weigh a pound and a half of them, wipe them and pick out their stalks ; then

cut them up, skin, seeds, juice and all. Soak an ounce of gelatine in a little water. Put half an ounce of butter into an earthenware or enamelled stewpan, melt this over a moderate fire, and add to it a tea-spoonful of finely minced shallot or mild onion; fry till turning yellow and then put in the tomatoes, stir round with a wooden spoon, and continue the frying, seasoning with a tea-spoonful of salt, a salt-spoonful of mignonette pepper, the same of mace, and a tea-spoonful of powdered dried basil. Before long the tomatoes will soften to a pulp rather thin than thick, stir into this the dissolved gelatine, and simmer, stirring well until the whole contents of the pan are mixed together. Next skim carefully and empty the stewpan upon the surface of a freshly scalded hair sieve and pass the tomato pulp through it, catching up skin, seeds, onion atoms, etc. Pour this liquid into a flat fire-proof gratin dish one-third of an inch deep, set it in a cold place or over ice, and you will get an opaque but brightly coloured solidified savoury syrup of tomatoes which will be found very useful for garnishing purposes, savouries, etc., to be referred to hereafter.

11. Custard à la royale.—Break four yolks of eggs into a bowl, removing the germs ; mix into them a gill of clear cold broth (chicken or veal), season with half a salt-spoonful of salt, and strain. Butter a plain half-pint charlotte mould, pour in the mixture, and poach gently in this manner : Fold a sheet of kitchen paper in four and lay it at the bottom of a shallow stewpan ; pour in sufficient water to reach half-way up the outside of the mould ; put this over a brisk fire, and when boiling take it off, cool for a minute, put the mould into it upon the paper and replace it on the fire, allow the water to come to the boil again and then at once reduce the heat to simmering ; cover the pan closely and carry on the cooking very gently for twenty-five or thirty minutes until the custard has become very stiff. Let it then get cold in the mould, turn it out, and use as may be directed.

12. Vegetable custards à la royale are made exactly in the same way, thus producing firm custards of various colours for the garnishes of certain cold dishes. The proportions should be : One gill of carefully made *purée* of vegetable, two gills of clear broth, two whole eggs

mixed as for an omelette, seasoning of a salt-spoonful of salt and a pinch of mace. Strain this through a hair sieve when mixed, put it into a plain charlotte mould well buttered, and poach gently until firmly set. Let it get cold in the mould before turning it out for garnishing purposes. The following will be found useful :

- (a) Globe artichoke or asparagus *purée à la royale*, pale green (assisted by a very little watercress or spinach greening).
- (b) Green pea *purée à la royale*, bright green.
- (c) Spinach do., dark green.
- (d) Carrot do., (outer part only) red.
- (e) Tomato do., scarlet.
- (f)

Turnip,	}	do.,	white	
Seakale,				or
J. artichoke				cream.
- (g) Mushroom do., brown.
- (h) Truffle do., black.

Note.—These custards may be improved with a dessert-spoonful of cream if liked, which should be stirred into the mixture before poaching it. They may be put in larger quantity in border moulds, set very firmly, and served with their hollow centres filled with various salads, *mayonnaises*, etc.

13. **Cheese custard à la royale.**—The proportions for this are a gill and a half of milk, two whole eggs, a table-spoonful of cream, and seasoning of salt, white pepper, and mace. Strain this through a hair sieve, and add a table-spoonful of finely grated Parmesan cheese. Poach the mixture as already described.

14. **Anchovy custard à la royale.**—Proceed in the manner given for cheese custard, substituting a dessert-spoonful of well-pounded fillets of anchovy for the cheese.

15. **Egg garnish.**—A very useful form of garnish is produced by the plain poaching of yolks and whites of eggs separately, thus obtaining a yellow and a white composition far more handy and neat for garnishing purposes than plain hard-boiled eggs. Most cooks know how often a hard-boiled egg cooks in a lop-sided manner, the yolk having scarcely any margin of white on one side and more than enough on the other. To form a neat little cup by removing the yolk is, in these circumstances, out of the question. The following process is accordingly recommended :

Break four eggs, putting the yolks into one basin and the whites into another. Mix well

without beating, season with salt, white pepper, and mace, and give each a dessert-spoonful of cream. Take a number of *bouchée* cup-moulds one inch and five-eighths in diameter, butter them, fill them three-quarters full with the mixture, and poach as in the case of custard *à la royale*, very gently. When the egg mixtures have set, let them get cold in their moulds, and use for garnish as may be required. Out of the moulded whites hollows can be scooped, thus forming perfect half-egg sized cups for the reception of *farce* or *purée* of any kind. If required for rings or small fancy shapes for garnish, the mixtures can be poached in flat fire-proof china gratin dishes, into which they should be poured a quarter or three-eighths of an inch deep. The poaching must be conducted very gently indeed; if it be done too fast, the mixture will rise in waves and undulations out of which it is difficult to cut nice patterns of any kind.

Notes.—(1) A *sauté*-pan with a cover does very well for poaching these little moulds, only about three-quarters of an inch depth of water being enough for the operation. It is on account of the handiness of the *sauté*-pan

for small jobs of this kind that I always advise the provision of common block-tin *dome* topped covers for them, thus converting them into shallow stewpans. The dome top permits of the steaming of a large-sized dariole.

(2) These small moulds and flat dishes of custard *à la royale* may also be cooked in a moderate oven. Lay a sheet of folded paper in a baking-tin, pour in water to the depth of a third of an inch, set the moulds on the paper, and bake gently until the custard sets firmly. Replenish the water as it evaporates with water at the same temperature.

16. **Croustades for garnish.**—Weigh three ounces of the best flour, place it in a heap on a pastry slab, make a hollow in its centre and mix into it the yolk of a fresh egg; add an ounce and a half of butter and the same weight of dry, well-powdered Parmesan cheese, knead lightly, getting the necessary moisture to form a lissom paste with about a gill of cold water. Roll this out thin—not thicker than a penny—and use for the linings of *bouchée* moulds, patty-pans, coquilles, *bâteaux* moulds, etc., with any of which an effective garnish can be produced. Butter the little moulds, lay in the paste,

cutting it neatly round the rims of the moulds, prick the paste with a fork, and spread over the insides a lining of thin, wetted paper, fill the hollows with raw rice, and bake in a moderate oven. Let the moulds cool when they are done, then shake out the rice, remove the lining papers, and turn out the little croustades.

Notes.—(1) It is advisable to defer the filling of pastry cases, whether for hot or cold service, until just before they are wanted. Any moist preparation, *purée*, or what-not will cause the paste of *croustades* to become sodden if left resting for any time in them.

(2) *Croustade* cases made as above may be kept for several days in empty biscuit tins, and thus be ready when wanted to meet an emergency.

(3) If rolled out three-eighths of an inch thick and cut into strips, this paste makes excellent cheese straws, and, if stamped out in rounds an inch and a half in diameter, very useful biscuits for savoury service, or garnish.

(4) The cheese may be omitted, in which case half an ounce of flour extra should be added.

17. **Turned olives.**—For this garnish the large Spanish olive is perhaps the best. Having wiped the olive dry, hold it in a cloth perpendicularly between the left thumb and first finger, and taking a sharp small-bladed knife with the right hand gently pass the blade round the top, feeling the stone but not quite completing the severance of the top ; next pass the blade spirally down the olive, feeling the stone as you go, and then finish off the bottom by a circular turn. If very carefully and slowly done, the result will be a stoneless curl of olive which will take its natural oval form again on being released. Put them now into a saucepan, cover with cold water, and heat up without boiling till quite hot, then drain and cool with cold water. In the centre of the curl where the stone was, a fillet of anchovy with a caper or two, or a piece of any savoury *farce* may now be inserted. Turned olives are constantly required for the garnish of dressed *mayonnaises*, blocks of salmon, etc., etc.

18. **Cucumber garnish.**—For this choose a cucumber not less than two inches in diameter when cut. Cut it into quarter-inch discs, spread these out on a pastry board, and with

a one and three-quarter inch cutter stamp off the outer edge of each with the skin, obtaining a series of perfect discs of that diameter; then with an inch cutter stamp out the seeds in the centre exactly of each disc. You will now have a number of rings of cucumber three-eighths of an inch wide, a quarter of an inch thick, and one and three-quarters of an inch across. Next choose an earthenware casserole or enamelled stewpan, put into it about a pint and a half of water seasoned with salt, and a half-ounce pat of butter; bring to the boil, and then slip in the rings of cucumber; boil fast until the rings are tender but by no means soft, then drain them off, spreading them out on a joint dish to get cold. They will be of a pretty pale pistachio-green colour.

Note.—It need scarcely be added that nicely trimmed fillets of cucumber can be cooked in the same way if rings happen not to suit the scheme of decoration.

Garnish of concombres farcis.—Another form of garnish of cucumber is produced as follows: Peel and cut a fairly thick cucumber (say two and a quarter inches in diameter when cut) into three-inch lengths; blanch for

seven minutes in boiling salted water, drain, and cool; when cold with a column cutter hollow out the centres of these lengths, and fill them with any one of the farces given in Section IV.; lay them in a stew or *sauté*-pan with about an inch of boiling salted water or white stock, reduce the heat, spread thin slices of bacon over them, cover closely and poach very gently indeed, thus setting the farce and cooking the cucumber. When done leave the pieces in the water to get cold, then take them out of the pan with a slice and lay them on a joint dish, subdividing them into half-inch lengths. These can be masked with any of the maskings that have been given, and used as may be indicated later on.

Note.—Remember that cucumbers cook very easily, and that if the work be hurried the pieces may be quite soft and incapable of holding the farce firmly.

20. Fonds d'artichauts.—The trimming of “artichoke bottoms” for garnish should be done in this way: Choose a very sharp knife. Lay the artichokes on their sides and cut right through the leaves about two inches above the stalk ends. Trim off the leaves all round the

fonds and plunge them into boiling salted water sharpened with a tea-spoonful of vinegar. As soon as they are sufficiently cooked to allow of the scooping out of the chokes, stop, drain, let them get cold, remove the chokes, trim the fonds neatly, and use according to directions.

21. **Choux-fleurs en bouquets.**—A nice garnish can be produced by detaching the numerous sprigs which form *en masse* the “head” of a cauliflower. Each of these may be said to be a cauliflower in miniature. Plunge them into boiling milk and water and simmer, season when nearly cooked with salt, and draw quite to the edge of the fire to finish as slowly as possible. Avoid overdoing the bouquets. Use as may be directed.

Root vegetable garnish.—Garnishes of root vegetables can either be cut in small squares, oblongs, or diamonds, or be scooped out in balls or olivettes. Carrots, turnips, parsnips, celeriac, and salsify can thus be treated. The standard method of cooking them is first to blanch in boiling salted water until half cooked, then to finish by simmering in broth at a gentle heat—or in butter.

23. **Potato garnish.**—This may be made early in the season by selecting small new potatoes of uniform size (say the size of a pigeon's egg), blanching till nearly done, skinning, and finishing them with a few turns in the *sauté*-pan in butter; when older they may be cut after the blanching into suitable pieces, and finished in the same way; and when quite old it is perhaps better to scoop rounds or olive shapes out of them the size of a large playing marble or pigeon's egg, and steam or boil them. For the former process use an ordinary saucepan with that very cheap and efficient utensil the "patent rapid steamer." Boiling must be most carefully managed lest the potatoes break. They must keep their shape and nevertheless be cooked sufficiently to be perfectly edible. Choose the oblong kidney or Dutch potatoes, which are less liable to crumble, and having cut out the shapes required spread them out upon a large *sauté*-pan with just enough cold water to cover them, put this over a moderate fire and check actual boiling by little additions of cold water; stop as soon as tender, and dry in the empty hot pan after pouring off the water fully exposed for all steam to escape. I advo-

cate this use of the *sauté*-pan, because you can thoroughly control the cooking, the pieces of potato being spread out and not overlapping each other. In a deep, narrow vessel this is impossible. After drying them in the pan lay out the potatoes on a dish in the larder to get quite cold.

Note.—These specially shaped garnishes of potato are only necessary for particular dishes—for a potato salad, for instance, in the centre of a border of *crème de saumon*. For ordinary potato salads sliced cold potatoes not overcooked are, as a rule, all that is necessary.

24. **Paper cases for garnish.**—An effective finish is often given to an elaborate *entrée* for a ball supper by arranging round its margin a ring of little paper cases (those sold with fancy edgings, square or round) each containing a glazed truffle. The cases are tipped up on the sloping *socle* or stand so as to show their contents.

25. **Plovers' eggs as garnish.**—Plovers' eggs, shelled, may be arranged in small oval croustades upon a lining of green butter, and used in a circle round any special dish when they happen to be in season. The eggs may either

be whole or in halves cut lengthways, and placed with their cut sides outwards. Artichoke bottoms may be utilized in the same manner.

26. Socles or stands for cold entrées.—Stands or platforms upon which cold *entrées* can be tastefully arranged are required whenever elaborate finish is sought for. They are not intended to be eaten, their object being merely to raise a decorated mould or *entrée* above the level of the dish upon which it is placed.

I have already spoken of a preparation of stiff aspic jelly which can be used for this purpose, but there are other methods which must be explained :

27. (a) Rice socle.—Put a pound of rice into two quarts of water and boil it until it is quite soft. Drain off the water, put the rice into a mortar and pound it to a smooth paste. Turn this out upon a pastry slab and knead it; when pliant, this may be set in moulds or shaped with a couple of wooden spoons and trimmed neatly with a sharp knife. Put the socles into a cold larder to set, and finish them by spreading butter over their surfaces or masking them with one of the maskings already given.

28. (b) **Wooden socle**.—Blocks of wood, oval or round, according to the shape of the dish to be used, and neatly covered with white paper, which should be pasted over them, are often used as a foundation, an edging of frilled paper being carried round them, or the border hidden by garnish.

29. (c) **Socles of fat** (*graisse à modeler*).—In this case a wooden stand is smothered with a preparation of fat made in the following manner: Take a pound and a half of the white mutton fat which surrounds the kidney; cut it up, picking out all skin and sinew. Steep this in cold water for a whole night, then drain it. Put it into a clean earthenware or enamelled stewpan, cover it, and place it over a very low fire, so that the fat may melt very gradually. When melted strain it through a hair sieve into a bowl; let it rest a few minutes, and then mix with it an equal weight of the best white lard; melt again, and strain again into a basin to cool. Whip the fat now with a whisk, and while thus in a pliant condition lay it over the surface of the wooden stand in this way: Spread a little of the fat upon a baking-sheet, fix the wooden stand upon this, then commence

the masking of the stand, smoothing the surface with a flat ruler dipped in hot water, as masons smooth cement. In this way a perfectly smooth block is obtained with the appearance of alabaster, which hardens by exposure to the air. The ornamentation of these socles is often carried out very cleverly by specialists, who with a knife and other tools produce the effect of carved vases, cupolas with vine leaves in relief, etc., etc. The plain stand, with perhaps a fancy border, should be enough for all ordinary occasions. A smaller block of wood is sometimes placed in the centre of the larger one, and similarly coated with the fat. These upper pieces are generally in the form of pyramids, so that cutlets, *galantines mignonnes*, etc., may be arranged against their sloping sides. When the wooden stands have been coated, smoothed, and decorated they must be detached from the baking-sheet by placing it over a bowl of boiling water to melt the fixing fat. On being thus taken off the sheets the stands should be placed in the larder until required.



SECTION IV.

Stuffings and forcemeats.

THERE can be no doubt that greater attention should be paid to the preparation of **stuffings and forcemeats** than is usually thought necessary in the English domestic kitchen. This care is indeed indispensable with reference to many cold dishes, for while novelty and variety can be obtained by altering the ingredients used in these compositions, the merits of some of the best productions of the *chef* may be said to depend almost wholly upon them. Our cooks adhere, as a rule, to standard stuffings for veal, geese and ducks, and turkeys, which, very good in their way, appertain to national tradition, and have not been altered from time immemorial. With *farces*—the forcemeats of the

French school—they have at best a distant acquaintance. It is as well, I think, to keep the two things separate from each other, (a) **Stuffings**, of which the component parts are breadcrumbs, suet, herbs, and seasoning, with eggs to bind them ; and, (b) **Forcemeats**, made of meats of various kinds pounded with butter or fat of ham or bacon, *panade*, flavourings of truffles, mushrooms, etc., seasoning, and eggs. The practice has been to use these terms without discrimination, which is misleading, for the procedure to be followed in preparing the latter compound is very different from that of the former. The chief thing to keep in view in respect of both is simplicity, to avoid mixtures of flavourings and complexity of ingredients, and not to overpower the thing stuffed with its stuffing.

Stuffings.

Taking stuffings first, it should be pointed out that for effective service cold these preparations must be firm ; that is to say, when the bird or piece of meat containing it is carved the stuffing must be sufficiently set to be cut into neat slices with the meat. Nothing can be

more slovenly and repellent than an oozing pulpy stuffing. To guard against this contingency eggs are introduced, and cannot be dispensed with. Breadcrumbs should be made of stale bread finely grated; suet (of beef or veal) should be fresh and chopped small; butter may be substituted for it, or finely minced fat of cooked ham or bacon. If dried herbs are used they should be carefully picked, pounded in a mortar, and carefully sifted; fresh herbs are better if scalded, dried, and pounded. Seasoning was formerly very spicy but now the slightest trace of spice is considered sufficient. A very useful seasoning mixture is composed as follows:

(a) **Seasoning mixture.**—Two ounces of mixed dried herbs carefully picked and pounded to powder, half an ounce of mace in powder, and half an ounce of newly ground black pepper, mixed together and sifted. The best assortment for mixed herbs is made up of equal weights of marjoram, thyme, and rosemary.

(b) **Seasoning salt.**—Mix one ounce of the above with three of salt.

(c) **Seasoning of pepper and salt.**—One

ounce of finely ground black pepper to two of salt.

(*d*) **Oriental seasoning salt.**—Two ounces of coriander powder, a quarter of an ounce of cardamom powder, a quarter of an ounce of turmeric powder, half an ounce of Nepaul pepper, and a quarter of an ounce of cinnamon powder to six ounces of salt.

1. **Ordinary herbs stuffing.**—This preparation is generally called “veal stuffing,” not because veal is used in it, but because it is associated with roasted joints of veal. It is also used for stuffing hares and turkeys. Quantity depends, of course, on the size of the joint or the number of birds, the proportions being: To eight ounces of breadcrumbs allow four ounces of suet, one table-spoonful of powdered or pounded herbs, a salt-spoonful of mace, a tea-spoonful of seasoning salt (*c*), and mix all together in a bowl with a wooden spoon, adding two whole eggs. This should be enough for a hen, turkey, or average-sized hare.

Note.—This stuffing can be made richer by allowing equal weight of suet, butter, ham fat, or bacon fat to the breadcrumbs, or two-thirds

the weight of fat to the weight of crumbs. The flavouring herbs are usually parsley, marjoram, and thyme, and some like to add the grated zest of a lemon ; but it will be found a good plan to vary the herbs. Parsley may be allowed to stand, for it yields a nice green, and is not too powerfully flavoured ; but marjoram alone, or thyme, or rosemary (far too little known), or basil may be taken in turn. When fresh herbs cannot be got the flavour can be communicated by a dessert-spoonful of seasoning mixture (*a*), which should be made in good quantity in the late autumn, and bottled for use.

2. **Goose and duck stuffing.**—The ordinary compound of domestic cookery books is often far too crude for refined taste, and being hardly ever bound with eggs, is generally a greasy mess when hot, and by no means presentable when cold. I have always recommended a stuffing of a much milder description than that usually laid down, and taken care to provide for its firm consistence : Choose about ten ounces of Spanish or Portugal onions when they are obtainable, or of the mildest kind in the market. Cut them up roughly, plunge

them into boiling water, and boil for twenty minutes. In another vessel scald ten sage leaves for five minutes in boiling water, drain, and dry them; also drain the onions at the end of the period fixed, and take eight ounces of them, which spread on a board with the sage leaves, and mince them together as finely as possible. Put the mince into a bowl with four ounces of dry, well-grated crumbs and two ounces of suet chopped small; mix well together, adding two whole eggs and a teaspoonful of seasoning salt (*c*).

Note.—The weight of the onions must be taken *after* the part cooking of them, so that the proportions of the ingredients may be correct. For this reason I allow a little extra weight of the raw bulb to cover loss in cooking. I may add that at a picnic not long ago some ducks thus stuffed were considered quite the nicest thing, eclipsing a turkey galantine, raised pie, etc.

3. **Chestnut stuffing.**—The difficulty here is to retain the flavour of the chestnuts, hence it is a great mistake to put into the composition spices, lemon peel, parsley, etc. I am also of opinion that for cold service, certainly, the

stuffings should be firm. To effect this object the following recipe has been carefully composed: Select two dozen chestnuts, peel them, blanch them in boiling water for two or three minutes, remove their inner red skins, and then put them into a stewpan with sufficient veal or chicken bones stock to cover them ; boil once, and then simmer very gently until the chestnuts are beginning to get soft. Now take the pan off the fire and take out half the chestnuts, replace the pan over a low fire, and stew the remainder until they become quite soft, thus reducing the stock gradually with them. Next pass the contents of the pan through a hair sieve into a bowl, stiffen the composition with finely grated stale breadcrumbs (probably two ounces), and stir in two ounces of butter and two whole eggs ; season with a good tea-spoonful of seasoning salt (*c*), and lastly add the partly cooked chestnuts cut into large pieces—each large one in four, and smaller ones in three—mix well, and use. It will be seen that this stuffing may be simply described as chestnuts set in chestnut *purée* without distracting flavours of any kind. The mixing of sausage meat, liver, etc., with the chestnuts is palpably a

mistake, killing the flavour of the nut completely.

4. **Cashu-nut and pine kernels** (*pignons*) **stuffing**.—Pass four ounces of either of these nuts (now easily procurable in London) through a grating machine.¹ Put four ounces of butter into a *sauté* pan, melt over a low fire, and then add the grated nuts, fry gently until turning a buff colour, then empty the contents of the pan into a mortar, and pound the butter and nuts to a *purée*; empty the mortar into a bowl, stir into the *purée* a gill of cream, stiffen well with finely grated white crumbs, adding two whole eggs and a tea-spoonful of seasoning (*c*). Use as may be desired.

5. **D'Uxelles for stuffing**.—Weigh eight ounces of parsley and the same of mushroom trimmings; wash, drain, and dry these, and then mince them as finely as possible on a board; mince also three ounces of red shallots. Put four ounces of butter into a stewpan, set this on the fire, melt, stir in the mince, and a good salt-spoonful of seasoning (*c*), fry over a

¹ This very useful machine for *grating* bread, cheese, nuts, etc., is procurable at Madame Veigle's, 89 Praed Street, Paddington, or from T. J. Bilson & Co., 88 Gray's Inn Road.

brisk fire for five minutes, stirring with a wooden spoon. Empty the contents of the pan into a bowl.

6. **D'Uxelles stuffing.**—Add to the above three ounces of breadcrumb and one whole egg. Useful for filling boned pigeons, partridges, larks, quail, etc., the livers of which may be minced and added also.

7. **Dubois' stuffing for a duckling.**—Take the liver of the duckling and two chickens' livers. Cook these in a *sauté*-pan with an ounce and a half of fat of ham or bacon. Empty the contents of the pan upon a dish, and when cold mince the liver and bacon or ham fat; put this into a bowl with the *D'Uxelles* just described, three ounces of breadcrumb, and one whole egg, add a little seasoning (*c*) if necessary, and use.

8. **Wyvern's stuffing for the insides of fowls or pheasants.**—Procure four or five chickens' livers, and with that of the bird itself, uncooked, make a coarse mince, mix a dessert-spoonful of minced shallot with this, season with (*b*), and bind with a raw yolk. Cut half a dozen thin slices of cold cooked bacon, rather fat than lean, three inches and a half long and

two and a half wide ; lay these out on a board, brush over their upper surfaces with beaten egg, dust over that with seasoning (*b*), lay a table-spoonful of the minced liver on each, and roll up the bacon enclosing it. These rolls should be left alone for half an hour to set, and then be pushed into the cavity of the bird through the vent, which should be sewn up afterwards before roasting. If the bird be rather small smaller rolls must be made with dessert-spoonfuls of the minced liver. Very good for a guinea-fowl.

9. **Mushroom stuffing.**—Put six ounces of mushrooms with their trimmings washed and minced into a *sauté*-pan with two ounces of butter, fry six minutes, turn the contents of the pan into a bowl, add five ounces of finely grated breadcrumb, a tea-spoonful of seasoning (*c*), and one whole egg, mix, and use.

Forcemeats.

Panade.—There are two methods of preparing this ingredient, one with ordinary flour or rice flour, the other with breadcrumb.

Panade with flour.—Put a gill and a half of broth or water into a stewpan with a quarter-

ounce pat of butter and a salt-spoonful of salt. Set this on the fire and bring to the boil, then remove the pan and mix into the liquid as much dry, well-sifted flour or rice flour as it will take up, making the additions by degrees ; stir the paste thus obtained with a strong wooden spoon vigorously, and then replace the pan over a very low fire, working the paste unceasingly until the moisture is absorbed and the *panade* comes away from the sides of the pan. Empty it when in this condition into a bowl, cover it with a sheet of paper, and let it get cold. When completed *panade* should present the appearance of a ball of uncooked paste.

Panade with breadcrumb.—Put eight ounces of finely grated stale crumbs with a salt-spoonful of salt into a bowl, moisten it with as much water or broth as it will absorb, put this into a stewpan, and carry out the process described for *panade* with flour, setting it aside to get cold in the same manner.

Notes.—(1) *Panade* may be mixed with milk, but this in summer time may turn the forcemeat with which it is used sour. In any circumstances the milk used should have been boiled beforehand.

(2) *Panade* is not used in very large quantities. Its proportion in respect of other ingredients may be taken as follows: To one pound of pounded meat ten ounces of *panade*, weighed after completion, the fatty element (butter, udder of veal, or ham fat) being the same weight as the *panade*.

1. Plain forcemeat for lining pie dishes.—

This may be made of uncooked veal, pork, or fowl, or a mixture of these meats, carefully freed from sinew and skin, and passed through a mincing machine with an equal weight of ham or bacon fat. Season the meat well with seasoning mixture (*b*). The proportion should be an ounce and a quarter of this to a pound of lean and a pound of fat. Exactly half of these weights will be found sufficient for a raised pie made in an ordinary oval mould six and a half inches long. A pound of really good pork sausage meat seasoned with half an ounce of seasoning (*a*) makes a useful pie lining. Remove the meat from the skins, mix, season, and use. Rabbit meat and the fat of bacon or ham made as described in equal weights and seasoned provide another good lining forcemeat.

2. **Liver forcemeat** (1) (*farce à gratin de foie*).—This preparation is generally used for the improvement of veal, chicken, game, pork, and rabbit forcemeats. It is very savoury and effective in such combination : Weigh, cut up, and free from sinew six ounces each of calf's liver and fowls' livers. Mince finely three ounces each of onion and carrot, and mix with the peelings and stems of half a pound of mushrooms washed, dried, and minced ; season this with a tea-spoonful of seasoning salt No. 2. Melt four ounces of fat bacon or ham fat in a *sauté*-pan ; when melted put into it the minced vegetables and liver and fry all together over a moderate fire, stirring during the process with a wooden spoon. When the liver and vegetables are softened and nicely coloured, take the pan from the fire and empty its contents into a bowl ; when cold transfer the mixture to the mortar and pound it to a paste ; pass this through a hair sieve and use in the manner mentioned to strengthen forcemeats for galantines, pies, etc. An allowance of about four ounces to the pound would give appreciable assistance. Half the quantities given would yield this.

3. **Liver forcemeat** (2).—In this case calf's liver is used alone, cut up, and fried with an equal weight of fat of ham or bacon, finely minced shallot and parsley, and seasoning. When cooked and cooled it is pounded as in the former case, blended with a quarter of its weight of *panade*, and bound with egg. The following proportions may be fixed: Eight ounces each of liver and ham fat, a table-spoonful each of shallot and parsley, a tea-spoonful of seasoning salt, and two ounces of *panade* with one whole egg. This makes a good forcemeat for pigeons, *ballotines*, quails, etc., and a lining for a *pain de foie gras*.

4. **Galantine forcemeat**.—The standard composition for galantines of poultry, veal, ducks, and geese is made up of plain forcemeat No. 1, well seasoned with seasoning mixture (a), and salt. Use powdered sage and salt for the two latter with mace in this way: To each table-spoonful of salt allow a tea-spoonful of the sage and a salt-spoonful of mace. For **game** it is usual to take the coarser meat of hares (legs and thighs), the same of pheasants, etc., and an equal amount of fat of ham or bacon, to season highly with seasoning mixture (a), and blend

with it a quarter of its volume of liver forcemeat No. 1.

Note.—These forcemeats, if passed through a fine cutting mincing machine, need not be pounded and passed through a sieve. One whole egg to each pound of forcemeat mixture is certainly advisable in respect of galantines. The addition of a table-spoonful of well-flavoured sauce is an improvement.

5. **Fish forcemeat.**—This should be made of plain white fish, whiting, haddock, or lemon sole, skinned and taken in fillets from the bones, uncooked. Pound this in a mortar, and for one pound of fish allow ten ounces of butter and ten ounces of *panade*; season with salt, mace, and pepper seasoning, and bind with two whole eggs. If additional moistening be desirable, a table-spoonful of Hollandaise sauce No. 12, Section II. may be added.

6. **Veal forcemeat** (*farce à quenelle de veau*).—This to all intents and purposes takes the place of the elaborate ‘**Godiveau**’ of the old school. One pound of uncooked lean veal, freed from skin, sinew, etc., cut up, and passed through a fine cutting mincing machine and pounded to a paste in a mortar; to this ten ounces of

panade added and well mixed and pounded ; then ten ounces of butter or veal kidney fat, pounded, all stirred well, and moistened one by one with four yolks of eggs, seasoned with a tea-spoonful of seasoning (*b*), and then the whole passed through a hair sieve. To assist the passing a table-spoonful of cream or *bécha-mel* sauce may be added.

Note.—With reference to *Farces à quenelle* it should be observed that it is necessary to pound the ingredients thoroughly and mix them vigorously. After having been passed through the sieve, the forcemeat should if possible be put into a bowl and stirred over ice for five or six minutes. It is always as well to test the consistency of the mixture by poaching a small spoonful of it. If then found too slack a little *panade* can be added ; if too stiff a further moistening of *béchamel* or cream.

7. Game forcemeat (*farce à quenelle de gibier*).—The only difference in this case is that game is substituted for veal, and the mixture must be kept brown, such moistening as may be necessary being communicated by *Espagnole* sauce, flavoured with game essence. Cream must not be used.

8. **Chicken forcemeat** (*farce à quenelle de volaille*).—Substitute the meat of a fowl or chicken for veal, and in other respects follow the directions given for veal *farce à quenelle*.

Note.—The use of these *farces à quenelle* will be explained in the section reserved for supper *entrées*.

9. **Forcemeat for creams** (*farces à la crème*).—These light compositions are used for such dishes as *mousselines* or *crèmes de volaille*, *crèmes de poisson*, etc., which may be either steamed or rendered firm with gelatine. For the former process take ten ounces of uncooked chicken meat and pound it thoroughly, adding to it in the mortar little by little five and a half ounces of butter, two table-spoonfuls of *béchamel* sauce, with one whole egg and four yolks one by one; season lightly with salt and white pepper, and pass the whole through a sieve into a bowl over ice. Stir it for a few minutes, and then mix into it two gills of whipped cream. Put the mixture into a mould, which should be liberally buttered, and steam according to directions given in the section reserved for processes.

Note.—It is always wise to test these *farces*

before putting them into their mould for steaming, because eggs vary in size and in their power of giving consistence. If it be proved by poaching a small quantity of it that the mixture is too soft add some *panade* and test again. It is evident that the lean of any white meat may be used exactly in the same manner—turkey, veal, rabbit, pork, or a mixture of them, chicken and veal, rabbit and veal, etc. Cooked meat, if thoroughly pounded and passed through a hair sieve, may be used for these creams. Care should be exercised in flavouring them, for which reason I hesitate to recommend spice and high seasoning. The moistening sauce should be flavoured with mushrooms, and minced truffles are often scattered into the composition when it is being put into the mould; small quarter-inch square pieces of *pâté de foie gras* or *foie gras au naturel* are in like manner often added just as raisins and cake are associated with a cabinet pudding. The *béchamel* sauce for the moistening of *mousselines* of white meat may also be used for their masking in the shape of *chaud-froid* glaze, and made on a foundation of broth extracted from the bones and *débris* of the bird of which the

meat was taken for the *purée*. Similarly the maskings and moistening sauce for *mousselines* of game should be made from their bones, etc., with meat glaze, and turned into brown *chaud-froid* sauce for masking purposes.

An example of the procedure for *crèmes* set with gelatine may be given as follows:—Make a good broth with the bones of a cold fowl or chicken, crushing them well, and assisting the broth with vegetables. To three gills of this when strained add half an ounce of dissolved gelatine, blend this with ten ounces of the fowl meat thoroughly pounded with four ounces of ham fat, and season with a seasoning of salt, white pepper, and mace; when nearly cold add a gill of cream, stir well, and begin to pack the mould—a plain charlotte the best. As you fill the mould dot about in the *purée* half-inch squares of *foie gras* and truffles, or cooked mushroom cut into dice. Set the mould in ice, and when required turn it out as you would a sweet cream, mask it with white, ivory, or fawn-coloured masking, set again over ice, garnish, and serve. For a plain cream the truffles and *foie gras* may be omitted (*Crème de volaille*).



SECTION V.

Preparative Methods.

IN this section I propose to give as briefly as I possibly can a few hints and directions concerning the methods of preparing joints, hams, galantines, etc., for picnics and suppers.

It must be remembered that, whatever it may be, a piece of meat to be served at either of the meals mentioned must *look* inviting, for it has either to be set before the guests or upon the sideboard within their sight. It is accordingly quite essentially necessary to protect roasts from unsightly burning, to trim them neatly, and garnish them effectively. Braised meats must in like manner be trimmed, glazed, and garnished. At the

same time, *over-garnishing* and decoration should be studiously avoided—no wedding-cake frippery squeezed in patterns on hams and tongues, no ghastly *hatelets* stuck with truffles, or other vulgar freaks which I have already condemned.

To have cold meat at its best it should never be cut when hot. It should be cooked very carefully and put away in the larder with a view to the retention of its juices. When cold—if a roast—scrape and brush off all the cold fat that may adhere to the under part of it with a stiff brush kept for the purpose, cut off neatly any unsightly parts that have felt the fire unduly, melt a small quantity of glaze, and with a glazing brush give the whole surface a very light coating of it—enough to give it a bright appearance as of varnish and no more. Watercress, curled endive, *croûtons* of aspic jelly, and parsley supply all that is necessary for the garnish of plain roasts and braised meats, to be used not too profusely, for an over-crowded array of garnishing greenery encumbers the carver. Finely shred horseradish is a good old-fashioned adjunct of cold roast beef, which

seems to some as indispensable as mint sauce with lamb.

1. **Roasting.**—Presuming that it is unnecessary to go into the details of this process, I would merely emphasise the points which are often missed in our domestic kitchens:

Tie the joint in shape securely with twine; do not skewer it. Protect the fat by a wrapper of paper lubricated with dripping. Seal its surface, thus locking up its juices, by exposing it closely to the full heat of the fire for about eight minutes, or a little longer if a very large joint. Then draw it further back and carry on the roasting by slow degrees, basting every now and then with dripping and maintaining a fire of even heat without fluctuations. This is best secured by carefully building up the fire before commencing operations. In this way a large piece of meat will be done properly without its outside being burnt. Unless the basting is carried out unceasingly the surface will dry, crack, and let out in vapour the juices of the meat, which ought to be retained.

As regards oven roasting, which in many houses cannot be avoided, I recommend that

the joint tied up as just described be first put into a very hot oven for eight or ten minutes, and after sealing its surface, that it be allowed to cool while the heat of the oven is also slightly reduced. When cold let the joint be coated over with dripping and also wrapped in paper well lubricated with dripping, the paper being secured in its place with twine. This protection will to a great extent make up for the absence of continual basting, which process, nevertheless, should be carried out as often as possible without risking any material reduction of the temperature of the oven. Towards the end of the roasting, remove the outer twine, releasing the paper, baste well, returning the joint to the oven to brown and finish cooking. Do not remove the first string until the joint is cold.

All birds require barding (*i.e.* a jacket of fat bacon laid over the breast), and the paper wrapper lubricated with dripping also, which should be removed towards the end for browning, as just mentioned. Fowls, guinea-fowls, and turkeys are improved by seasoning the *inside* of their carcasses. This is a very effective seasoning: Bruise a single clove of garlic

and work into it a teaspoonful of powdered rosemary and two of salt, with this rub the inside of the bird before roasting. Another plan is to wrap two or three onions the size of golf balls, or a dozen shallots, in thin slices of fat bacon seasoned with powdered herbs, and push them into the cavity. The strange old custom of tucking the livers and gizzards of turkeys, fowls, etc., under their wings has, of course, been long since abandoned by all intelligent cooks. The liver should be left inside the bird, in which position it contributes to the flavour of the whole, while the gizzards should be used with the giblets for broth making. In London extra livers can be obtained without difficulty, and with their assistance a good liver stuffing may be tried on special occasions (see Nos. 7 and 8, Section IV.).

2. **Braising.**—This method of cooking as applied to pieces of meat for service *cold* is somewhat simplified. It is used for the dressing of pressed and spiced beef, galantines, boar's heads, hams, etc., and may be described best as gentle stewing in broth, so that while the meat is thoroughly done and as tender

as possible, it possesses a far better flavour than that produced by boiling. There is no necessity to brown the meat by frying to start with, nor to subject it to top heat as well as bottom heat, as is prescribed for hot braised joints. The proper moistening liquid or *braise* is, of course, a *mirepoix*, which may be described as a broth made by frying a mixed assortment of stock vegetables (trimmings will do), minced small, in butter or dripping, and when nicely coloured, moistening them with warm second stock with a glass or so of chablis or sauterne to the quart, continuing and finishing as in soup making. But second stock may be used, with such stock vegetables as are available, without going to the trouble of making a *mirepoix*, with or without white wine as the occasion may render advisable. It should be noted that after the cooking of a galantine the *cuisson* or broth in which it is cooked may be converted without difficulty into aspic jelly by following the directions given in Section III.

All salted meat should be put into *cold* broth over a low fire and cooked in the manner described for *bouillon*, *i.e.* covered with

the broth brought slowly to the boil, skimmed, the vegetables added, and the contents of the vessel simmered very gently until the meat is tender, at which point the vessel should be removed from the fire, the meat being allowed to get cold,—marinading, as it were, in the broth,—and finished as may be desired. Fresh meat, on the other hand, should be put into nearly boiling broth, brought to the boil at once, kept boiling for five minutes, and then simmered gently till done. This method is propounded with a view to seizing the surface of the meat, as in roasting, and preventing as much as possible the loss of its juices in the cooking. It applies to galantines, ballotines, rolled and stuffed calf's head, etc.

The Boiling of a Ham may be cited as an illustration of the method of cooking salt meat: The question of soaking, *i.e.* the time necessary for this preliminary step, must be fixed according to circumstances, and might perhaps best be decided in consultation with the salesman from whom the ham is procured, for it must vary with weight, age in respect of curing, whether smoked or 'green' (*i.e.* cured without smoking), etc., etc. After the soaking,

the ham must be scrubbed with a stiff brush and all discolorations removed. When clean it should be put into the ham kettle, and be moistened either with previously prepared *mirepoix* or with broth or water, assisted by the following vegetables: five ounces each of sliced onions, carrots, parsnips, turnips, and leeks, an ounce of parsley, a clove of garlic, *uncut*, a fagot of herbs, and a dozen pepper-corns. The moistening must be cold and sufficient to cover the ham. No wine or other equivalent of wine should be put in at this stage. Set the vessel over a low fire, uncovered, and bring the liquid slowly to the boil; add the vegetables; maintain that temperature for five minutes only, and then reduce the heat to simmering; cover the vessel, and conduct this as gently as possible until the ham, when tested with a trussing needle, feels tender. At least half-an-hour per pound weight of the ham should be allowed for the simmering—the longer the better in fact. When done, lift the ham from the kettle, peel off its skin, strain and remove the fat from the boilings, empty a bottle of wine into the kettle, add to it a similar quantity of the

skimmed boilings, lay the ham in this, cover, and replace the vessel on the fire, which should be kept at the slightest simmering heat for a couple of hours. Turn the ham occasionally during this process, and at the end of it take it from the pan, place it in an earthenware or enamelled vessel, pour the wine and boilings over it, cover it, and let it lie in this as in a marinade for a night or a little longer in a cold larder. Do not let it get cold in a metal vessel. The trimming and glazing should be carried out after this period of rest.

Notes.—The addition of wine is generally considered advisable—but at the *end*, not at the commencement of the cooking. If red wine is preferred, I recommend Spanish claret (Rioja); if light white wine, sauterne or cider; if loaded wine, Marsala. The final mixture of wine and boilings should be bottled, kept, and used again when required.

3. **Boiling.**—Compared with ordinary boiling the process just described is so superior in its effect upon meat that I would always adopt it for so-called boiled turkeys and fowls, with certain modifications. For instance, a broth

can be made with giblets, odds and ends of veal, and vegetable trimmings, which will be found infinitely better than water, and this broth (or second stock, if available) can be converted into *fonds blanc* for the preservation of the whiteness of the meat by clouding it with flour—a dessert-spoonful to a quart—and two table-spoonfuls of boiled milk, and adding two ounces of melted kidney fat, a four-ounce onion, sliced, a *bouquet garni*, and half a lemon, cut in thin slices, with the seeds and pith removed. Into this, when brought to boil, the bird should be plunged, boiling should be maintained for five minutes, and then with the vessel closed and reduced heat below it, a very gentle process of simmering should be kept up until the bird is cooked. The kettle should now be lifted from the fire and the bird transferred to an earthenware vessel in which it should be allowed to get cold in the broth. After this the latter, strained, skimmed, and reduced, can be turned into a white sauce, and then into masking (see No. 9, Section III.).

4. **Fish for cold service.**—Pieces of salmon of fair size, salmon-trout, lake trout, grayling, or gray mullet of about two pounds—whole—

ought certainly to be cooked according to the principles explained in the last paragraph. A good fish broth made with white-fish cuttings and vegetables should be used for the moistening. To this vinegar or white French wine may or may not be added, according to circumstances, in the proportion of one gill to the quart, viz.: Cut up in thin slices four ounces each of carrot and onion, and mince an ounce of parsley, and the same of celery ; fry these in an ounce of butter in a roomy stewpan, seasoning with a dessert-spoonful of horseradish shavings, a table-spoonful of seasoning mixture (*a*), a dessert-spoonful of salt, and a tea-spoonful of mignonette pepper. When the vegetables have softened but not coloured, put into the pan two pounds of fish cuttings, moisten this with two quarts of warm water and two gills of Orleans vinegar or chablis or sauterne. Proceed in the usual way to boil, skim, and then to simmer for an hour ; strain, skim again, and use as directed for the cooking of fowls. This liquid is known as *court bouillon* ; without wine as *court bouillon simple*. Plunge the fish into the boiling broth, let this be maintained one minute, then cover the pan and simmer very

gently indeed until the fish is cooked. The broth, assisted by a pint of good meat broth with gelatine added and clarified, will yield a useful aspic jelly for use with fish. Let the fish grow cold in the broth.

5. **Poaching.**—Smaller pieces of fish, such as slices of salmon, fillets of trout, soles, etc., should be cooked in the same way, but in a shallow pan. A *sauté* or *fricandeau* pan with an upright rim does well for this. The process then becomes gentle poaching. Let the pieces of fish remain in the broth for ten minutes, then lay them out upon a joint dish with another over them, weighted with weights to press them flat, and let them get cold. Use afterwards as may be directed.

Note.—It is true that some authorities recommend that fish be put into *cold* broth or water, and that this should be brought to the boil and then simmered. But by this method the chief value of the fish is extracted precisely as that of meat is drawn out by the process explained for the preparation of *bouillon*. By plunging the fish into boiling water to begin with the surface of the flesh is seized and the juices to a great extent are preserved.

6. **Steaming fish** (*i.e.* cooking in the vapour rising from boiling water).—By this method also fish can be prepared for service, cold with less waste perhaps than by the poaching just spoken of. The cheapest and simplest apparatus I have ever tried is Benham's 'patent rapid steamer,' which can be procured to order through any furnishing ironmonger to fit a fish boiler. Directions accompany the utensil, which anyone can follow. But it is, I think, open to question whether the fish tastes as well as it does after having been cooked in broth and wine.

7. **Marinade for fish.**—This is an excellent preparation for the production of pickled or soured fish, a most acceptable sort of dish for a summer. A French fire-proof china or glazed earthenware dish, oval in shape and long enough for a good sized trout, salmon trout, gray mullet, or mackerel, should be used for this. Line it with finely sliced onion, turnip, carrot, chopped parsley, grated horseradish, a few sprigs of chervil, basil, marjoram, or thyme, and scatter over all a good dusting of newly ground black pepper. Prepare the fish as follows: Cut off the head and tail of (let us say) a fine mackerel,

or two small ones, already cleaned by the fishmonger and split as if for grilling, lay them on a dish and rub salt over their insides, which should be uppermost ; leave them thus for an hour. Then take them up, wipe them, arrange them on the bed of vegetables, and cover them with fish broth and vinegar in half proportions ; or one third broth, one third vinegar, and one third white wine. Set this over the fire or in the oven, and just when it boils stop. Let the fish get cold in the marinade. Finish by taking the fish out of the liquid, arrange it neatly on a dish, garnish it with greenery, water-cress, shredded lettuce, cucumber etc., etc., and pour just enough of the strained marinade over the surface of the fish to moisten it, serving the rest in a boat.

Note.—In this way small trout (say three to the pound) can be used advantageously. The acidity of the marinade may obviously be regulated according to taste by adding to or reducing the proportion allowed of vinegar.

8. **Marinade à l'Indienne.**—The difference here consists in altering the component parts of the bed of vegetables and the garnish. Assuming that the fish is a pound or a pound and a

half in weight, slice finely three ounces of onion, one ounce of green ginger juicy and fresh, one capsicum say two ounces, or six green chillies in strips omitting pith and seeds, and two ounces of tomatoes ; arrange this in the earthenware dish and scatter over the surface a tea-spoonful of minced green mint, a tea-spoonful of coriander seed (not powder), a dozen peppercorns, and four whole cloves. In other respects act in the manner prescribed for ordinary marinade. When placed in the dish for service, the surface of the fish should be decorated with strips of scarlet and green chillies or capsicum, a few nasturtium seeds, discs of green ginger, cucumber and ripe tomato, with water-cress as a border all round it.

8 (a). **Marinade for meat.**—For this turn to page 26, and carry out the directions given for *sauce poivrade*, omitting the thickening with rice flour only. After having performed its work as marinade the liquid can be boiled, skimmed, and thickened for *sauce poivrade*.

9. **Steaming in water** (or poaching ‘*au bain marie*’).—This process is employed for setting *pains*, *boudins*, *crèmes au bain marie*, *quenelles*, etc. Moulds of meats, vegetables, and fish are

thus produced which when cold are as nice as compositions set by the aid of gelatine. The method is applicable to little as well as to large moulds. The meat, or whatever it may be, is prepared in the manner described for "force-meats *à la crème*," see Section IV., page 80. The cooking should be conducted as follows: Choose a roomy stewpan with a closely fitting lid, lay at the bottom of it a wire trivet or a piece of paper folded in four; this is to act as a buffer between the bottom of the pan and the bottom of the mould and to ensure an even distribution of the heat; set the mould or moulds upon the buffer having covered their exposed ends with buttered paper; now pour *boiling* water into the pan, carefully avoiding the moulds, in sufficient quantity to furnish a bath about half of their depth. As the pan is cold this operation will stop the boiling. Set it over a fast fire at once and allow boiling point to be reached again, then draw the vessel over a very low fire, or put it into a very gentle oven, cover it closely, and let the poaching continue as slowly as possible until the moulds are set.

Notes.—The chief points to note in respect

of this process may be summarised as follows : Use *plain* charlotte, cylinder, border, or dariole rather than fluted or ornamental moulds. Butter them well with butter in a semi-fluid condition, and use a brush for the operation. Put the mixture into the mould cold, or it will melt the butter lining and prevent the successful turning out of the mould when it is finished. Be sure that the mixture goes well home into the mould by tapping the latter rather sharply upon a folded cloth laid upon the table. Do not fill the mould full ; leave a space for expansion in cooking. Cover the exposed end with buttered paper cut to fit it neatly. Regulate the heat very carefully, so that after boiling point has been reached the cooking may go on as slowly as possible. Lastly, allow the mould to become nearly cold before attempting to turn out its contents.

When turned out these moulds can be garnished at discretion with aspic jelly or other garnish mentioned in Section III. They should be kept in as cold a place as possible until required for service. It is usual to mask them with light or dark *chaud-froid* sauce, according to the materials of which they are composed.

By this process slight blemishes that may be caused in the turning out can be covered.

10. **Lobsters, langoustes, crabs, etc.**—It is generally admitted by those who have tested the question practically that it is far better to buy lobsters or crabs 'green' (the term used by fishmongers for fresh and uncooked), and to cook them at home, than to buy them already boiled. We do not purchase our salmon cooked, why then should we adopt a different custom in respect of our shell-fish? Perhaps the reason is that the latter is bought alive, and there is something revolting to the feelings in boiling the creature ourselves when it is in that condition. But this is really a groundless scruple. A smart rap with a wooden mallet on the back of the head stuns the lobster; it is immediately cast into boiling liquid and feels no pain. Whereas the purchased lobster has been cooked with a quantity of others in a decidedly inhuman manner, for the immersion of so large an amount of cool matter, even if the water be boiling, throws it off the boil, and suffering must be inevitable until the extreme heat returns. Carefully conducted as described, and for a single lobster instead of many, the

boiling at home is absolutely to be encouraged on the score of humanity if for no other reason.

Lobsters, etc., 'green,' are sold with their claws securely tied, in which condition they should be stunned and thrown into boiling broth made as described in paragraph 4 of this Section. If large the boiling should be maintained for from twelve to fifteen minutes, after which gentle simmering should be encouraged a further period of from fifteen to twenty minutes. About three or four minutes less in each stage should meet the case of small fish. The *langouste* (the large coarse clawless cray or crawfish of the sea) requires a somewhat longer simmering than the lobster. A crab, being easily over-cooked and liable to 'shoot its claws,' should be boiled for a shorter time than a lobster, and gently simmered until done. Chablis or sauterne may be added to the broth or not, according to desire. In the opinion of connoisseurs the wine is indispensable.

It may be as well to add that, cooked at home in the way I have described, lobsters and crabs are more wholesome than when they are purchased in a cooked state. Much of the

alleged indigestibility of *crustaceæ* is clearly traceable to the uncertainty of their absolute freshness, and the galloping method adopted for their cooking. For trade purposes this treatment is explainable, for it maintains weight better than the slower method. Another cause of unwholesomeness may be found not in the fish, but in the rich creamy *mayonnaise* sauce often served with it. Dressed with a mere sprinkling of the finest oil, vinegar, pepper and salt, with perhaps a little mustard, the *claw* meat of lobsters and crabs properly cooked is trustworthy food for an invalid and quite as digestible as chicken.

Note.—If a lobster has been cooked in *court bouillon* according to the advice just given the broth can be turned to account again for cooking fish, making fish sauce, or assisting a stock for a *bisque*. But before being used for such purposes it should be boiled up, skimmed, and strained carefully.



SECTION VI.

Sideboard Dishes—Meats.

IT is by no means easy to hit upon a term in English equivalent to the *grosses pièces* of French culinary phraseology. Seeing, however, that these dishes are placed as a rule upon the buffet or sideboard, I think that I had better choose a title indicative of that speciality for this section, with subdivisions, one for meats, and the other for poultry, ducks, game, etc.

Remember my advice in respect of keeping all plainly roasted joints of meat intact. If cut when hot the gravy escapes and half the juiciness of the meat is lost. Hints with reference to roasting and braising have been given in Section V., and garnishing has also been discussed.

The best sideboard joints for cold service are: Roast ribs and sirloins of beef, saddles of mutton (Southdown, Scotch, or Welsh) and of lamb, braised pressed beef, and spiced beef, braised ham and tongue, roast fillet, chump or loin of veal, galantine of veal, boar's head, brawns, boned shoulders of mutton or of lamb, and breast of veal stuffed and roasted, roast sucking pig, calf's head, etc.

Of these several may seem of a decidedly homely every-day kind with which no doubt all cooks are familiar; but I venture to think that a few suggestions will not be thrown away, for there are opportunities of departure from the stereotyped methods of the domestic kitchen that are rarely taken advantage of.

1. **Pressed beef.**—The meat, a choice piece of brisket, should be specially selected. The butcher will do this and cure the meat as may be desired according to order. It is not at all necessary to have saltpetre in the brine; indeed I think that the joint is more tender and the flavour better when the meat is plainly salted. The redness is of course sacrificed, but what of that? The meat should always be tied securely in shape with string, the

method of cooking should be braising rather than boiling, and the directions given for cooking a ham followed, with the exception perhaps of the final simmering in wine, which, although an improvement, is not absolutely necessary. When it is done let the meat remain in the broth for a quarter of an hour, then take it out, remove the strings that bound it, take out the bones, lay it on a joint dish, cover it with another dish with a few weights upon it, and leave it for a night in a cool larder, or, if the weather be very warm, in the refrigerator. The next morning it should be released, trimmed neatly with a very sharp knife in a rectangular shape, and glazed as explained in paragraph 6, Section III. It is a mistake to *over*-press these pieces of beef; no more weight should therefore be used than enough to cause the meat to become firm and solid when it is cold. Plain garnish of aspic *croûtons* with watercress, parsley, or curled endive will be sufficient.

2. **Spiced beef.**—As this has to be rolled, a piece of the thin flank of beef should be chosen and cured to order. It should also be boned. When sent home, wash, dry it,

and lay it skin downwards upon a board, brush its surface over with a beaten egg, and then dredge over it fairly thickly a coating of seasoning (*a*) with a slight addition to the spice of half an ounce of powdered cloves. Roll the meat over, enveloping the seasoning, and tie it with string in two or three places so as to preserve its form securely. Cook it exactly like pressed beef, pressing and finishing it in the same manner. Do not remove the strings until after the pressing.

3. **Ox tongue.**—The question of soaking salted ox tongues should be settled in the manner recommended for adoption in the case of hams, for much will depend upon the curing, whether smoked or not, age, etc. The process of cooking should be exactly like that given for hams, including the simmering in wine at the end of the operation; the superior flavour of the tongues quite repays the trouble entailed by this system of preparation. Marsala is to my mind the best wine to use for them. To finish them take them out of the broth while they are still hot, peel off their skins, and place them upon a board, fixing them in proper position by pinning the root

ends of the tongues securely to the board with a couple of strong steel skewers, stretch them out straight, and pin down the tips in like manner. Put them away now in a cold larder for a night, and in the morning release them. Trim the root ends neatly, cutting off the gullet, and shaping the sides evenly. Pin them down again and glaze them. When dry release them again, dish them, and garnish with aspic *croûtons*, and watercress or parsley.

Note.—It will be found both economical and satisfactory to cook pressed beef and tongues at home according to these principles. The quality of the meat surpasses that of the already cooked article purchased at provision stores, and the cost of its production is less.

4. **Rolled beef steak.**—A good thing for the Sunday supper. Choose a large steak cut from the middle of the rump an inch and a half thick. Put it in a deep dish, baste it well with the marinade given in Section V., No. 8 (*a*), and let it lie therein twelve hours, turning it every now and then so that the flavour may be evenly distributed throughout. When to be dressed, lift it from the marinade, wipe it dry, spread it on a board, season the

surface with seasoning salt (*c*), lay over the whole steak a good layer of stuffing, No. 1, Section IV., of the richer kind, and roll it up, tying the roll of meat securely with tapes at intervals of four inches to keep it firmly in shape. Now put it into a braising stewpan, cover it with *mirepoix* and marinade blended, and braise very gently as explained in paragraph No. 2, Section V. Let it get cold in its broth, then untie, trim, and glaze it, garnishing as recommended for tongue. The broth strained, skimmed, and clarified, may be turned into a *sauce poivrade* No. 25, Section II., and served in a sauce-boat with it. The steak, after marinading, may be wiped and larded with bacon on the inside before the laying on of the stuffing and the rolling, and after that wrapped in buttered paper and roasted, being well basted with the marinade and melted dripping during the process.

5. **Salted ribs of beef.**—For a special occasion this joint is to be recommended. About six or seven pounds of choice ribs, boned and salted for four or five days only, should be wiped, spread on a board skin side downwards, and covered with a layer of force-

meat No. 1 blended with No. 2, pages 75, 76, Section IV., then rolled up, secured with strings carefully, and braised like pressed beef, pressed, untied, glazed and garnished.

6. **Breast of veal à l'oison.**—For this choose a nice piece of the breast of veal, bone it, and remove tendons and sinew; lay it flat upon a board, skin side under, flatten the surface with a cutlet bat, and lard it well or cover it with thin slices of cooked fat bacon, over this spread stuffing No. 2, Section IV., roll up the breast, secure it firmly with string, coat it well with dripping and wrap it in paper, tie this securely and lubricate it also with dripping. Roast the joint carefully (the protection mentioned is necessary to prevent the burning and hardening of the skin), and when nearly done remove the paper, baste freely, and finish. Let the veal get cold before you remove the string which bound it, then trim, glaze, and garnish it for serving. The effect of this is remarkably like roast gosling.

7. **Pieces of veal**, such as the neck, loin, and chump end of suitable size, according to requirements, may be boned and either stuffed

with forcemeat or with stuffing. They may be braised or roasted. For roasting use stuffing, for braising, forcemeat. Chestnut stuffing and Nos. 4, 6, and 7 may be chosen for the former, and any of the forcemeats, which of course may be improved with truffles, for the latter.

8. **Galantine of veal.**—About eight pounds of breast of veal should be chosen for this; bone it, lay it on a board skin side downwards, flatten it well with a cutlet bat, trim the surface of the meat as level as possible, saving the trimmings; make two pounds of forcemeat No. 6, strengthened to the extent of one-third of its bulk with No. 2. Have ready half a pound of cooked fat of ham or bacon, half a pound of cooked tongue, and a quarter of a pound of cooked mushrooms cut into half-inch dice, six hard-boiled eggs sliced, two ounces of pistachio nuts, and six truffles cut into half-inch dice. Brush over the surface of the veal with beaten egg, spread over it a layer of forcemeat one inch thick; over this, leaving an inch margin all round, arrange a layer of dice, nuts, sliced egg, etc., scattering them promiscuously; cover this with

forcemeat and repeat the layer of dice, finally covering all with an inch layer of forcemeat; then gather the sides together, enclosing the forcemeat, etc., and sew the edges of the skin securely with twine and a trussing needle.

Wrap the roll of meat in a cloth, tie the ends firmly, and also tie the roll itself in oblong shape with tapes at four-inch intervals. Put it into a braising stewpan, cover it with *mirepoix*, bring to the boil, then close the vessel and simmer very gently for three and a half hours. Let the galantine remain in the broth for half an hour, then take it out, put it on a joint dish with another weighted with weights above it for a night. In the morning release it, place it on a board, take off the cloth, scrape off any fat that may cling to the skin, wipe it with a hot cloth to remove any particles that may still remain, and then glaze it. Place it now on its dish, decorate with aspic jelly, surround it with garnish at discretion, and serve when required. For *mirepoix* see page 88, Section V. By preparing the meat the day before cooking it the bones can be made use of in making the *mirepoix*. For a plain domestic galantine truffles and pistachio nuts are unnecessary.

The excellence of the dish depends almost wholly upon the good quality of the forcemeat, upon which great care should be bestowed.

9. **Galantine of calf's head.**—Choose half a large or a whole small head with the tongue in either case. Order it to be boned completely and lightly salted for two or three days. Then prepare it as follows: Put the head and the tongue into a stewpan, cover it with cold broth or water, bring slowly to the boil, throw in an assortment of stockpot vegetables with a large bouquet garni, and simmer very gently for about four hours. As soon as this has been done, and the meat is very tender, take out the head, lay it skin downwards upon a board immediately (it is most important that this stage should be conducted while the meat is hot), cut off the ears and snout in order to get the shape rectangular, tear these to pieces with two forks, pass them into a warm bowl by your side, peel and cut up the tongue, slice the meat of the head level, put the pieces thus removed into the bowl, stir the contents of the bowl, while you season highly with seasoning mixture (*b*); add

twelve ounces of hot fat bacon cut into dice, and sprinkle the whole mixture with a claret glassful of marsala.

Without delay arrange this mixture upon the surface of the head, draw the sides together enclosing it, and wrap it within a hot cloth damped with boiling water, tie it securely, and place it on a dish with another weighted with weights above it. Let it lie thus for a night in a cold larder. The next day it may be released and finished as described for galantine of veal.

Note.—This is really a very simple yet effective dish, the only thing to be careful about is to complete the work while the meat is hot and juicy so as to ensure cohesion when cold. The basin used for mixing the farce meat had better be kept in boiling water, and the head itself on a hot-water dish until the task is completed.

10. **Calf's head brawn.**—Proceed exactly as in the foregoing case, with this difference. When it is cooked the whole head should be broken up. If sufficiently tender this can be done with two strong kitchen forks, for rough edges are far better than clean-cut ones for

adherence *en masse*, the necessary condition of a brawn. As in the case of the galantine, the work should be carried out while the meat is warm, and when mixed, seasoned, and sprinkled with the wine in the hot bowl, the whole should be transferred to the brawn tin and pressed or weighted with weights for twelve hours. After this release is effected by dipping the tin into hot water, and when the brawn is thus turned out glazing and garnishing can be carried out. The addition of fat of ham or bacon is very necessary with calf's head to supply the deficiency of fat in the head itself.

11. Moulded veal in jelly.—This can be made very well with tender cold roast veal and ham, if there be available some gelatinated broth, such as that which would be produced by cooking a couple of calf's feet with scraps and trimmings of lean meats. (See meat jelly No. 4, Section III.) A good colour should be got with meat glaze, and flavour with marsala and the *fumet* extracted from the lean gammon mentioned in the recipe. Provided with this, the packing of the mould is easy enough. I would recommend a fireproof china

‘covered pie-dish.’ Slice up the veal and ham, taking care to have plenty of fat with the latter—at least one-third of the whole; have seasoning mixture (*b*) ready, four or five hard-boiled eggs sliced, half a pound of cold cooked mushrooms also sliced, and arrange these materials carefully in layers, seasoning as you go on; when filled pour in the melted jellied broth, let it settle level with the top layer, which should be covered with slices of streaky cooked bacon. Put on the cover of the dish and lute it down firmly with joining paste. Set the dish in the oven, and keep it there at quite moderate heat for an hour. Then take it out, and leave it in a cold larder for the night. Examine the condition of the contents of the dish on the following morning, removing the cover. If more jelly be needed pour it, liquefied, into the dish, and let it set. Keep this as cold as possible for a couple of hours over ice in summer, and then dip the pie-dish into hot water, cover it with a flat dish, invert it, and the mould will slip out. Now garnish it for service. For a picnic this had better be taken out in the dish.

12. Marinaded shoulder of mutton.—

Select a prime well-hung shoulder of mutton for this, bone it, and marinade it in the manner described for No. 4. Fill it with stuffing No. 2, Section IV., gather the edges together, sew them up, thus forming a roll, secure it with tapes at four-inch intervals, spread dripping over it, wrap it in buttered paper, and tie that on also, and roast very carefully, removing the paper for the last ten minutes of the cooking. Put the roll away in a cold larder for a night. Remove the tapes the next day, trim and glaze the meat, garnishing it for service at discretion. It is obvious that the flavouring of the stuffing may be changed according to taste. A substitution of mint for sage, for instance, or by taking mushroom stuffing No. 9, page 23.

Note.—This recipe can be followed with regard to a shoulder of lamb, and in either case forcemeat may take the place of stuffing as recommended for *Epaule d'agneau farcie*, which is boned and filled with the following composition: Six ounces of uncooked lean of veal or pork, and four ounces of fat of bacon or ham, passed through a mincing machine

into a bowl ; three ounces of crumbs of white bread added, a good seasoning of herbs mixture No. 1 and salt, and one whole raw egg. For the rest, proceed as in No. 12. If stuffed with pine kernel stuffing (No. 4) another variation will be produced.

13. **Galantine of saddle of lamb.**—This, for a special occasion, makes a good dish for a supper sideboard or for a picnic. Choose the saddle with about three bones of the best end of the neck attached to it, and without trimming the flaps of the flanks. Lay it skin downwards on the board, remove the kidneys, fat, and inner fillets. Next detach carefully the rib bones, following them one by one with the knife, until the spine is reached ; gradually detach this also without severing the outer skin. This is a mere matter of patience, a steady hand, and a short sharp knife. In the end the whole frame of the saddle will thus be taken out, and the meat can be flattened out upon the board. Select a forcemeat as for galantine of veal No. 8, adding to the *salpicon*, or coarse mince of meats, the lamb's kidneys and fillet meat. When this has been neatly arranged, draw the ends of the flanks together

enclosing the forcemeat, etc., and sew it up all round, wrapping it up, tying, and cooking it according to the directions given for No. 8. In packing the inside of the saddle, leave a good margin at the ends, and decrease the forcemeat somewhat on either side of the centre to facilitate the bringing together of the skin.

14. **Boar's head.**—It is as well to have the head boned and salted with the tongue for four or five days by the butcher. When required for preparation, proceed as for galantine of veal No. 8, filling the spaces caused by the removal of the bones with the same forcemeat and *salpicon* of tongue, fat of ham or bacon, etc.; draw it together in as neat a form as possible, and sew up the edges with fine twine. Wrap the head in a cloth, which should be carefully tied with tape, and cook it in *mirepoix*, very gently. For the rest, follow the process explained for No. 8. Time in cooking and quantity of forcemeat, etc., must of course vary according to the size of the head. The exercise of a little discretion will enable the cook to fix these details satisfactorily. The decoration of a boar's head entire is sometimes carried to a ridiculous extent as a *pièce de résistance*

at Christmas. Plain glazing with aspic croustons and green garnish is quite enough for all practical purposes.

15. Galantine of boar's head.—For this follow the directions given for galantine of calf's head. As, however, these heads are generally fatter than calves' heads, the allowance of bacon may be reduced to such an extent as may seem desirable.

16. Boar's head rolled and spiced.—Have the head boned and slightly salted as if for brawn, and prepare it as follows: Dip it in water, dry it, lay it on a board skin downwards, and spice it in the manner described for spiced beef No. 2. Roll it up and cook it in the same manner exactly. When very tender, take it out of the braising pan, release it at once from the string, put it on the board, unroll it, and with a sharp knife square the shape as explained for No. 9, and level the surface of the head, placing the meat removed from the thicker part over the thinner; dust over again with the spiced mixture, gather the meat into the rolled shape again, wrap it in a hot freshly scalded cloth, tie this securely, place on a joint-dish with another containing weights over

it, and leave it for a night in a cold larder, finishing the next day as in the case of No. 8. This squaring of the shape and levelling of the surface of the meat are necessary steps in order to obtain an evenly formed roll without unsightly bulging. The process must be rapidly carried out while the head is very hot, to ensure cohesion when cold.

17. **Brawn (ordinary).**—The usual form of brawn is that made with pig's head, to which some add the trotters. Excessive richness is sometimes qualified by the introduction of a little lean beef, which, of course, must be cooked with the head, and blended with the head in a hot state. The directions given for No. 9 will serve for this, the only difference being that the *whole* head is cut up, or, better still, torn to pieces with two forks, mixed in a hot bowl with the beef or other introduced meat, seasoned, and sprinkled with marsala; then put into a brawn tin with presser, pressed, left in a cold larder for a night, turned out the next day, trimmed, glazed, and garnished. The addition of the bacon must be regulated by the fatness of the head. A pound and a half of lean beef cut from the rump will suffice to modify the

richness. All the meat must be hot and cooked to the tenderest condition.

18. **A summer brawn.**—Choose a couple of good-sized calf's feet, get two calves' tongues, and three rabbits. The tongues should be slightly salted by the butcher for three or four days. Bone the rabbits, put the meat aside, and crush the bones and the heads; put the débris into a stewpan with the calf's feet, cover with cold water, bring slowly to the boil; add twelve ounces of odds and ends of stock vegetables, with seasoning of pepper and salt, and simmer gently until the feet are sufficiently done for you to pick the meat from the bones. Now strain off the broth, let it get cold, put it into a stewpan with the tongues, add a glass of marsala, with more water if necessary to cover, and cook the tongues slowly until they are tender. Now take out the tongues, leaving the broth in the stewpan, and in it stew the rabbit meat. While this is being done, peel the tongues, and as the rabbit becomes tender, put them into the pan again with the meat picked off the feet; heat all together, stirring gently, and gradually reducing the broth; then take out and tear the tongues

and rabbits to pieces with two forks, cut up the meat of the feet, add ten ounces of cooked fat bacon cut into dice, stir all together with the remainder of the broth, season with herbs mixture (*a*), and empty the whole into a mould, place a weight over it, and leave it in a cold larder for twelve hours ; then turn out the brawn, trim, glaze, and garnish it.

19. **Game brawn.**—An excellent brawn can be made on the lines of No. 18 by substituting the meat of a hare for the rabbit, or the flesh of a brace of pheasants, not necessarily in their first year.

Note.—It is a mistake to set brawns in wide tins or moulds ; a diameter of six inches with a height of about eight inches is the handiest size for the carver. A wide surface presents greater difficulty, especially as the brawn gets low. Besides, this setting is easier in the narrower width.

20. **Sucking pig.**—For service cold the best method to choose in the case of a sucking pig is perhaps the galantine. Having removed the head, lay the pig on a board and bone it, treating the body in the manner explained for galantine of saddle of lamb ; bone the head also ; line the interior with forcemeat No. 6, lay

over it slices of the boned head, scatter pistachio nuts amongst these, and season with seasoning salt (*b*); next draw the ends of the flaps together, sew them up, wrap the pig in a cloth, bind it with tapes, and proceed as in the case of galantine of veal No. 8. If to be served plainly roasted, it will be found a great convenience to remove the spine with the rib and neck bones without detaching the meat, and to fill the cavity with stuffing in which a mince of the liver and kidneys of the pig should be blended. The ordinary stuffing of the English kitchen is that given for ducks and geese No. 2, Section IV., but the French use veal forcemeat with chestnuts. The milder the better, for the delicate flavour of the meat is easily effaced by sage and onion. I would suggest a nut stuffing—"pignolia" (pine kernels)—No. 4, Section IV., with a seasoning of pepper and salt (*c*) only. The skin having been drawn together and sewn with twine, the body should be bound firmly with tapes or string at three or four-inch intervals, and the roasting conducted carefully with constant basting. When cold the usual glazing and garnishing must be carried out. *Sauces*

poivrade, *froide à l'Anglaise*, and *Seville* are to be recommended for sucking pig.

Poultry, ducks, geese, etc.

Having already discussed in Section V. the various methods of preparing poultry, etc., for the cold table, together with stuffings and forcemeats in Section IV., there only remain for consideration a few artistic developments of the more ordinary methods whereby variety may be attained. Galantines of poultry resemble those we have just thoroughly thrashed out in every detail. There is accordingly no necessity to repeat the instruction. One thing, however, must be mentioned, and that is the boning of poultry, which is a rather more complicated job than boning meat. The operation should be *watched*, for written description without diagrams is not of much use.

Ordinary **boning** for galantines is, of course, commenced—after cutting off the legs at the first joint, wing pinions, and neck—by an incision along the centre of the back, the skin and flesh being detached right and left, and care being taken not to penetrate the skin. The best directions I know are to be found in

that excellent work, "Round the Table," by the "G. C." formerly editor of the cookery branch of *The Queen* newspaper. These were illustrated by woodcuts from drawings by an artist of great ability.

There is another method, a very useful one for certain dishes, which may be described as boning from the breast—*i.e.* the work commences, after cutting off the head of the bird, by skinning the neck as you would an eel. On reaching the breast the skinned neck is detached, the flesh pierced, and the merrythought bone removed; by passing the knife carefully along it, the bone of the breast is next extracted, and then the side bones. At this stage it is for some dishes unnecessary to go any further. The vent having been sewn up, the whole of the cavity of the bird is filled with forcemeat, etc., through the neck end until it resumes a plump and firm appearance. The skin of the neck is now drawn firmly under the bird, and sewn securely to it between the shoulder bones. Trussing is then carried out, and as the legs, thighs, and wings have been left untouched, the fact of its having been boned in any way does not become apparent until carving com-

mences. The preparations for the filling of the bird may be varied considerably. This process is most handy for small turkey hens, capons, poulardes, and fine fowls.

Note.—It should here be noted that the removal of the merrythought bone only is a step that should be taken in respect of *all* birds for which the stuffing of the crop is recommended, while as a matter of convenience to the carver it is always appreciated. The operation is very easy, and with a pair of nippers the forked bone can be clipped at the fork, and coaxed out without tearing the flesh. Touching boning again, *one* lesson, if the cook be moderately intelligent, should be enough. In London, however, there need be no apprehension about it, because the poulterer is always ready to do the work for a customer.

21. Poulet, poularde, ou dinde à l'ivoire.—The bird for this dish is stuffed in the crop with mushroom stuffing made somewhat differently from that given (No. 9) in Section IV., which is too brown: Six ounces of button mushrooms peeled and cooked in milk, then pounded with four ounces of breadcrumbs and four of ham or bacon fat lightly seasoned with

a teaspoonful of powdered rosemary, salt, and white pepper, and bound with two whole eggs. The merrythought should be removed before filling the crop with this. Truss the bird as if for boiling, and cook it in *blanc* as described in paragraph 3, Section V. Let it get cold in its *cuisson*, then take it out, and wipe it dry, and mask it with rich ivory masking got by adding the yolk of an egg to a pint of white *chaud-froid* sauce, which, in turn, can be made with the *cuisson* of the bird. The simplest garnish of aspic and watercress should be chosen for this. A star cut out of the former may be arranged on the breast of the bird, which may be placed on a flat *socle* of decorative aspic or rice (Section III.).

22. **Poularde farcie à la Parisienne.**—Remove the merrythought as in the foregoing case, and fill the crop with a forcemeat composed of *Farce à quenelle de veau* (No. 6, Section IV.), with which truffled *foie gras* cut into inch squares should be blended. For a poularde of fair size a tin of Hummel's *pâté de foie gras*, size 12, should suffice, with half the quantity of forcemeat mentioned in the recipe. The bird should be cooked by simple braising

in *mirepoix*, or good broth, in which it should be allowed to get cold. If working on a large scale for a supper necessitating the provision of, say, four poulardes or dindes, a preserved *foie gras au naturel* and pint measure of truffles could be distributed among them at a total cost of about half a guinea. A *poularde farcie* should be prepared for the table by glazing and simple garnishing. It can be set upon a *socle*, of course, if desired.

23. **Dinde à la Bonsard.**—For this variation in the preparation of a hen turkey or fine poularde proceed as for *Poularde farcie*, without the addition of the *foie gras* and truffles. Gently braise the bird trussed as for boiling. When done, let it get cool but not cold, then take it out, wipe it dry, place it on a board, remove the trussing strings, and with a sharp knife, assisted by nippers for the side bones, remove the breast entirely; do not disturb the stuffed crop, which should now be firm. This process will give you a hollow case of poularde, with the wing, thigh, and leg bones intact on either side of it. The hollow must now be packed in this way: Make the "forcemeat for creams," No. 9, as given in Section IV., page 80,

adding an egg to give it extra stiffness ; the meat may be veal or rabbit uncooked. Also make about a pint of well-reduced *béchamel* sauce, the basis of which can be got from the giblets and trimmings of the bird, rabbit bones, and veal trimmings used for the forcemeat. The sauce should be reduced to the consistence of stiffish batter. Next cut into julienne-like strips all the meat removed with the breast ; put these cuttings into a bowl, add a *foie gras au naturel* cut into similar strips, a half-pint measure of cooked truffles cut into dice, half a pound of cooked tongue cut into dice, and half a pound of cooked fat of ham similarly cut. Moisten this with the stiff sauce. Now line the hollow with a coating an inch thick of the forcemeat, fill the centre with the contents of the bowl, shaping it dome-wise, so as to resemble a plump breast, and cover all with a good layer of forcemeat, smoothing it over with a palette knife dipped in hot water. When this work has been completed to satisfaction, place the bird upon a buttered baking tin, brush the breast with melted butter, and put it into a very moderate oven to set the forcemeat properly, and when that has been done with-

draw it, put the pan into a cool larder, and let the bird get cold. When quite cold take it from the pan, trim it, brush off any fat that may adhere to it, mask it with ivory-coloured masking (see No. 21), or plainly glaze it, and set it upon an aspic socle surrounded with a good garnish.

24. **Galantine de dinde à l'Indienne.**—Bone completely a hen turkey as if it were for ordinary galantine, commencing with an opening in the skin down the centre of the back, and, as in the case of galantine of veal, cut the meat level, leaving a skin case as it were with not more than half an inch of meat remaining attached to it. Cut up all the meat thus removed into half-inch squares, put these into a bowl with an equal quantity of fat of ham or bacon similarly cut and half a pound of lean ham cut into dice. Mix together, seasoning the meats well with oriental seasoning salt (page 67), and a dessert-spoonful of finely rasped green ginger. Let this rest, stirring it occasionally while you make a **curried farce** as follows :

Take a pound and a half of fillet of veal half an inch thick and cut this into half-inch squares. Put three ounces of butter into an earthenware

casserole or stewpan, melt over a low fire, add ten ounces of onion very finely minced, and fry gently until nicely browned ; this will take half an hour ; the process must not be hurried nor the onion burned ; while the frying is in progress mix in a soup plate a heaped-up dessert-spoonful of curry powder and one of curry paste (Vencatachellum's by far the best imported), a dessert-spoonful of tamarind chutney, and a tea-spoonful of salt, with just sufficient good broth to convert all into a moist paste. Besides this make an infusion as follows : Put into a bowl two table-spoonfuls of desiccated cocoanut and one of ground sweet almonds, pour over them half a pint of boiling water and let them macerate with a plate laid over the bowl.

The onions having turned a pale brown, mix in with them the curry preparation made in the soup plate, and fry it for ten minutes at gentle heat, after which put in the veal, slightly increase the heat, and fry another ten minutes. Now moisten with the infusion strained from the bowl through a perforated strainer, and add an ounce of meat glaze, and half a pint of meat gravy, then reduce the heat and stew gently

until the meat is tender, never allowing the liquid to boil, and gradually reducing it until the consistence of the contents of the pan assumes the appearance of jam. The whole of this should be turned out now on a dish, cooled, and then pounded and passed through a wire sieve into a bowl. Two whole eggs having been mixed into the purée and four ounces of finely shred fat bacon the farce is ready. If with the addition of the eggs it appears too moist bring it to the desired consistence of a farce by the addition of a few spoonfuls of bread-crumbs. Using this mixture in the manner described for the farce for veal galantine, spread a layer of it over the surface of the boned turkey and over that arrange the mixed meats which were cut up and seasoned in the first instance, covering all with the remainder of the farce ; bring the sides of the bird together, sew it up all round with thin twine, wrap it in a cloth, which should be scalded and wrung out before being used, and tie the roll securely at each end and at three-inch intervals. Braise this simply as already described and finish as usual with glazing and garnish.

Galantines can be made with **game** by

following the instructions that have been given. Pheasants may be served, for instance, exactly like *Dinde à la Bonsard*, or *à la Parisienne*, while pieces of the neck, breast, shoulder, or loin of venison may be treated like the similar joints of veal already described. The farce should be composed of game such as the coarser meat of hares or that of old birds well pounded and seasoned. A few spoonfuls of a good *fumet* or essence of game extracted from the bones and carcasses of game birds and hares with red-currant jelly, herbs seasoning, and a sherry glassful of claret or Burgundy, if mixed with the meats which are laid over the farce, assist the flavour of the composition.

25. **Galantine à la chasseur.**—This may be described as a blending of game with the meat of the bird in a galantine of turkey, and using game forcemeat No. 4 instead of veal, the assortment for the centre of the galantine being one-third turkey, one-third game, and one-third fat of ham, each cut into squares with a sprinkling of ham or tongue and truffles cut into dice, the whole slightly moistened with a game essence. The cooking and completion as before described.

26. **Lièvre desossé en daube.**—Bone a fine hare entirely, cut the meat level and treat that which is thus removed as described for No. 24, adding an equal quantity of fat of ham or bacon. Line the hare with a highly seasoned stuffing No. 1 with which its liver, kidneys and heart should be incorporated, or with forcemeat No. 4; arrange the meat and fat in the centre, draw it together in an oblong shape and sew it up, then wrap it in a scalded cloth and braise it in *mirepoix* with about a pint of Graves or Chablis. When cooked let it get cold in the broth and finish it as described for No. 8, page 111. It is evident that the farce may be enriched with truffles if it be desired. The meat of a hare being naturally dry and without fat, the addition of ham or bacon fat is most necessary.

Note.—If the broth be clarified, with gelatine added in the proportion of an ounce to a pint, an excellent garnishing aspic will be produced.



SECTION VII.

Fish.

HAVING explained the methods of cooking fish for service cold (page 92) I propose in this section to make some suggestions in respect of the preparation and arrangement of a few dishes suitable for suppers and picnics. For these meals salmon in its season is no doubt the most popular of all scaly fish, and lobster of all shell-fish. Nevertheless, it is by no means uncommon to hear people say that they cannot eat of either with impunity. Now, it often happens that this impression is not founded on fact. In other words the penalty incurred ought not to be attributed to the *fish*. To explain this is not difficult. It is, we know, customary to serve both salmon and lobster in the form of mayonnaise,

or in salads with a sauce so closely resembling mayonnaise as to be scarcely distinguishable from it. In this way a somewhat rich thing is made still more rich by a rich accompaniment without which it might be found harmless and digestible. I mentioned this with reference to lobster in Section V., and recommended a plain dressing of oil and vinegar with a seasoning of salt and pepper, and this I would now repeat with regard to salmon. *Sauce vinaigrette*, page 24, containing a little mustard, is good for lobster and all shell-fish. Another plain sauce is produced with the *court bouillon* in which the fish is cooked, carefully strained, skimmed, and not thickened. This has a good flavour with sufficient pungency to give the desired relish. The plain Hollandaise sauce given in Section II., page 21, may be recommended for salmon as being free from oil or cream.

It is a mistake to dress cold fish, lobster, etc., with sauce before it is actually wanted. The soaking neither improves the fish itself nor assists its digestibility. Whenever possible the sauce should be kept in a boat separately and only used at the time of eating. This, of course, does not refer to soured or marinated fish.

At large suppers a whole salmon is often served, and perhaps for effect upon the sideboard the practice is defensible. It gives the *chef* or head cook an opportunity of exercising his decorative skill, and provides one at least of the necessary *pièces montées* for the stereotyped *menu*. Nevertheless care should be taken lest this work be travestied. Great pains are often taken to fix a whole fish upon a socle in an upright position as though it were alive, creating the impression that the dish was prepared by the taxidermist rather than by the cook. Sometimes you see a trout distorted like an eel in the shape of a letter S. This sort of thing ought not to be encouraged. Valuable time is absolutely wasted in the arrangement of these vulgar monstrosities which are really the surviving traces of Philistine taste now almost extinct. A fish can be dished just as effectively lying on its side; it requires no elaborate ornamentation, and the simpler the garnish the better. Pieces of salmon are, however, far more frequently required, and as the advice given for their preparation may be applied to the fish entire I can confine my remarks to them.

For the information of the writers of *menus*

it should be mentioned, to begin with, that the whole cold salmon is called *saumon froid entier*, while there are three terms for pieces: (a) *Tronçon de saumon*, a block of the middle cut from seven to ten inches long; (b), *Darne de saumon*, a similar block from three to four inches long; and (c) *Tranches de saumon*, or slices from an inch to two inches thick.

Cooked as I have strongly advised by poaching in *court bouillon*, with or without wine as may be preferred, set to get cold, and finally placed upon the board or slab for finishing, the first thing to decide is the retention or removal of the skin. This is a mere matter of taste, but the latter is certainly of some assistance to the person who has to help the portions. The surface of the fish should now be glazed either with fish glaze or liquid aspic, clear, bright, and not darker than pale sherry. Clarified *court bouillon* with gelatine added according to quantity makes a good glaze. Some cooks use a masking of green butter just sufficiently warmed to spread smoothly with a palette knife, but unless very well done this is apt to look messy. It is more easily applied to *tranches* than to larger pieces. When varnished

or masked the piece of fish should be lifted with a slice placed on the socle (a block of wood covered with white paper the best) and finished with croûtons of aspic. The garnish surrounding it may be selected from those given in Section III.: *Olives farcies*, egg garnish, tomato and cucumber garnish, balls of green butter, prawns, and green stuff.

Oblong fish like sea-trout (*truite saumonée*), lake-trout (*truite de lac*), grayling (*ombre chevalier*), grey mullet (*mulet*), shad (*alose*), mackerel (*maquereau*), etc., can be prepared in the same way.

The sauce served with cold fish can be diversified easily enough and occasional departures from everlasting mayonnaise will, I think, be found popular. With this in view I recorded in Section II. several varieties of cold sauces for service with fish: the Hollandaises, for instance, are all practicable, Nos. 12, 13, 14, 15 and 17, while Nos. 22, 31, 32, 33 and 34 are equally nice for a change.

White fish is not as a rule in such request as the salmon, trout, etc., just mentioned. Nevertheless blocks of cod and hake when those fish are in season are not to be despised for homely

suppers if pains be taken in regard to their preparation, finishing, and the sauce which accompanies them. It so happens that the *salmonidæ* and shell-fish are at their best during the summer, while white fish, with the exception of turbot, are taken in their finest quality in the winter. Selection may consequently vary with the seasons. Flat fish is perhaps better when prepared in fillets, which can be dressed *en bloc*, and so form a very presentable dish free from bones. Let us, for example, take the following cold dish made of fillets of sole :

1. **Buisson of paupiettes of soles.**—For a dish of fair size a dozen fillets will be enough. These may be taken from three medium-sized soles, reckoning four fillets from each of them. Lay them on a board, brush them with beaten egg, sprinkle finely minced lobster or shrimps over the egg, and roll them into *paupiettes* like little little ‘roly-poly’ puddings. These should be poached in a sauté-pan in *court bouillon simple* (page 94). When done take them out of the broth, and lay them on a large dish over ice with a moderately weighted dish over them; when cold and set release them, trim their edges neatly, and dip them into a masking sauce

composed of three gills of Hollandaise No. 12, gelatinated with two table-spoonfuls of strong aspic diluted. Let them get firm over ice (see page 46) and finish as follows: Choose an oblong flat dish, lay a firm socle of aspic upon it, or one of rice coated with green butter; upon this arrange rows of *paupiettes* in an oblong mound diminishing the length of each row as the mound rises, garnish with cooked vegetable salad very cold, capped with broken aspic; keep in the refrigerator and serve when required.

Note (a).—It is clear that this recipe can be carried out with any fish that can be filleted not too thickly and rolled up into *paupiettes*. Another way is to poach the fillets without rolling and lay them out upon a dish while hot with a weighted dish over them, to trim and mask these when cold and complete in the manner explained for *paupiettes*.

(*b*) Either fillets or *paupiettes* may be set in aspic, with or without masking, with a garnish laid in with them of hard-boiled yolks of eggs, balls of green butter or lobster butter, farced olives, cooked cucumber fillets, etc. The aspic can be made of the *court bouillon* clarified, with

a little chablis or sauterne added. Abstain from acid aspic with tarragon, which people are heartily tired of.

2. **Crèmes au bain-marie of fillets of fish.**

—Another method of preparing fillets and *paupiettes*. Proceed as already described as far as the setting of them under a weighted dish. When they are cold and firm choose a plain charlotte mould, butter it well, and garnish the bottom of it with discs of hard-boiled eggs or cucumber garnish (page 55), cut the size of shillings. Next break three whole eggs into a bowl one by one, beating them gently together, and adding two extra yolks with two gills of the *court bouillon* and one of boiled milk ; season with salt, pepper, and mace, and strain the mixture through a hair sieve. Now pack the mould with the *paupiettes* or fillets, sprinkling shredded lobster or shrimps among them, then pour in gently the custard mixture and poach very gently in the manner described for *Custard à la Royale* (page 49), allowing a quarter of an hour longer for the difference in size. The quantity given will fill two pint charlotte moulds, assuming that the twelve fillets originally mentioned are used. After having grown

cold the moulds should be turned out and masked with the Hollandaise masking mentioned for No. 1. A plain garnish of aspic croûtons and green stuff will suffice.

The same idea can be carried out with the aid of gelatine: Prepare the mould without buttering it and make a savoury custard of the mixture. Let this get cool and strain it, having added an ounce and a quarter of gelatine to it while cooking; when cooling stir in a gill of whipped cream, mix well, and fill the mould in this manner: First, having fixed it firmly in ice, arrange the garnish at the bottom of it and set this with a little of the custard; then put in a layer of the fillets with a sprinkling of shredded lobster, pour in a little more custard and set that, continuing the layers and the setting till the moulds are filled. This method of setting by degrees ensures an even arrangement of the fillets and the shredded lobster.

3. **Creams of fish in purée.**—The directions given in Section IV., pages 80 and 82, can be followed for these creams by substituting fish for chicken meat. The fawn-coloured masking is got by adding a few drops of caramel (Parisian essence) or melted glaze to a white

masking, which can be made in the manner mentioned for No. 1, or according to the method described for masking, page 46, using fish broth for the foundation of the sauce instead of chicken broth.

Note (a).—Fish creams which are solidified with gelatine may be set in moulds either lined with aspic jelly or with tops of aspic only an inch or a little less in thickness. These may be decorated with a garnish cut out of the preparation of eggs given at page 51, fillets of cucumber, olives farced with anchovies, etc.

(*b*) They may be set in small moulds, or in border moulds with the centres filled with one of the *salades de légumes* to be found in Section X., and it is clear that by altering the fish, the garnish, and the pattern of the moulds a good deal may be done in the way of variety.

4. **Pain d'huîtres.**—Put into a bowl two and a half ounces of finely sifted bread-crumbs, work into them two ounces of butter, season with seasoning salt (*c*), add three yolks, the liquid obtained from two dozen sauce oysters, and the oysters themselves, bearded and cut into dice. Line a well-buttered charlotte mould with fish forcemeat, page 78, about an inch

thick, put the oyster mixture into the hollow, cover it with more of the forcemeat, and poach very gently for about forty-five minutes. Finish as explained for No. 3.

5. **Fish cutlets and quenelles.**—These are better made in moulds for cold service. Any kind of fish may be used for them. For the composition of cutlets, see fish forcemeat, page 78. For quenelles a good proportion is as follows: For twelve ounces of uncooked fish, freed from skin and bone, allow nine ounces each of butter and bread panade, three yolks, and seasoning. Poach the moulds very gently, and let the cutlets or quenelles grow cold in them; then turn them out, trim if necessary, mask, and when this has set nicely over ice, dish as tastefully as possible. The masking may be diversified both in colour and material (see page 47). Mayonnaise, with melted aspic jelly added, green mayonnaise, Hollandaise, Hollandaise tomatée, and sauce Lyonnaise similarly stiffened make good maskings.

6. **Quenelles fourrées**, *i.e.* packed with some tasty morsel, are obtained in this way: Have ready in a small saucepan, hot, the preparation in question, such as lobster, salmon, crayfish,

or shrimp purée, mushroom or truffle purée, minced oysters or anchovy or lax purée, slightly moistened with a gelatinated sauce. When the quenelles are cooked and nicely set, take them out of the pan, and holding them one by one in their moulds in the left hand, scoop out of their centres a little hollow ; fill this with a tea-spoonful of the preparation, cover with some of the scooped out quenelle meat, smooth with a palette knife dipped in hot water, and set the moulds over ice to get cold. When cold, turn the quenelles out of their moulds, mask them, set the masking over ice, and dish them as tastefully as possible, using cucumber and tomato garnish, Nos. 10 and 18, Section III., with olives and garden cress.

7. **Fish creams à l'Indienne.**—These can be made of any fish, but shell-fish should be chosen if possible. Prepare a good curried farce as carefully explained for galantine of turkey à l'Indienne, Section VI., substituting uncooked fish for the veal ; pound this when completed to a paste, and pass it through a hair sieve into a bowl, beating into it half a pint of strongly gelatinated Hollandaise, with a gill of whipped cream ; put this into a mould lined or

capped with aspic, and decorated as described in Note (a) for No. 3.

Note.—It is not necessary to have uncooked *shell* fish. A mixture of lobster and whiting, cod and shrimps, scallops and brill, or crab and halibut makes a good curry for a cream.

8. **Fish cream à la Cingalèse.**—This is much milder and more delicate in flavour than the foregoing. Put five ounces of finely minced onion into a stewpan with two ounces of butter, and fry over a slow fire till soft without colouring; then stir in (mixed with milk to a paste) a dessert-spoonful of *crème de riz*, a tea-spoonful of turmeric powder, one of coriander powder, and half one of cinnamon, with a seasoning of salt. Fry this for five minutes, then moisten with a pint of fish broth (page 45), add two table-spoonfuls of ground almonds, and one of cocolanka, with one of grated green ginger; bring slowly to the boil, skim, put in an ounce of dissolved gelatine, and simmer fifteen minutes; then pass all through a hair sieve, and let the sauce thus produced cool while you line a mould with aspic or prepare one with a cap of aspic decorated, keeping it over ice; also have

ready a good sized lobster or crab shredded, or a pound of cooked salmon or turbot shredded, with half a pint of shrimps, and when the curry sauce is cold, but not set, commence packing the mould in layers, setting them by degrees with the curry sauce until the mould is full; a few fillets of cooked cucumber may be dotted about among the layers. A mixture of shredded fish and shell-fish can be used very well for this. In due course the mould must be turned out and garnished nicely with broken jelly and bunches of watercress.

Note.—The green ginger and nutty flavour are the characteristic features of this kind of curry mixture, and cannot be omitted. The former can now be procured at the herbalists at Covent Garden, and all stores. Do not get more than half a pound at a time, for it is apt to dry up. Peel it before shredding or mincing it.

Coquilles de poisson à la gelée.—These are handy little things for supper. A mixed assortment of cold cooked fish should be used, though nice coquilles can be prepared with any special fish—*coquilles de cabillaud* (cod), for instance, with a few oysters to assist

them. The fish must be shredded or cut into dice, and put into a bowl; if possible, one-quarter of its volume should be of shell-fish; it should be seasoned with salt, pepper, and mace; improved (if liked) with cooked mushrooms, olives, and fillets of anchovies cut into dice, and sprinkled with salad oil and vinegar. After resting over ice for an hour, there should be stirred into the bowl a few spoonfuls of mayonnaise sauce with which a little diluted aspic jelly has been blended—two spoonfuls of jelly to four of mayonnaise being a fair proportion—just sufficient to moisten the mixture slightly; stir, and when beginning to set arrange it in dome shape in the coquilles, which should be quite cold, smoothing them over and masking them with more of the gelatinated mayonnaise. The surfaces may be sprinkled with capers or chopped olives and broken jelly; garnish the borders of the coquilles with watercress.

Note.—Instead of the mayonnaise, Hollandaise may be used with a like proportion of diluted jelly, and another alternative is to use gelatinated *court bouillon simple* instead of sauce. To a pint of the broth add an ounce

of dissolved gelatine, clarify with a couple of whites of egg, strain, and use. This preparation of fish can be served in a large coquille, or in the centre of a silver *légumière*, in which case the dome can be surrounded with a border of broken jelly, egg garnish, etc., etc.

Wyvern's mock dressed crab.—A useful *réchauffé* of cold cooked cod, especially acceptable to those who dare not eat the shell-fish. Take the flesh from a pound and a half of cold cod, picking out all bones and skin. Shred this, or rather tear it to shreds with two forks, and put this into a bowl, season it with salt and Nepaul pepper, moisten it with a dressing composed of one gill of *anchovy* vinegar blended with two table-spoonfuls of made mustard and one of salad oil ; dust over it four table-spoonfuls of finely grated dry Gruyère or Cheddar (not Parmesan), and mix well with a two-pronged fork. Arrange this in dome shape in the centre of a *légumière* or china dish, garnish it with broken jelly, greenery, egg garnish (page 51), and keep it in the refrigerator until required.

Note.—Instead of anchovy vinegar, which is not immediately procurable at every grocer's,

make your own by putting a good tea-spoonful of anchovy essence into a gill of Orleans vinegar. Halibut, dory, or hake will do instead of cod ; the fish must be white, firm, not over-cooked, flaky, and free from bones.

Marinated mackerel, trout, sea-trout, or grey mullet.—Choose four fish of about half-a-pound each, clean them, remove their heads, and shorten their tails. Sprinkle them with salt, and let them lie for an hour. Next line the bottom of a fire-proof earthenware or enamelled vessel with three ounces each of finely sliced onion, carrot and turnip, an ounce of parsley and one of horseradish, season with seasoning (*b*), and arrange the fish on this bed. Moisten them just sufficiently to cover them with good vinegar and white French or Rhine wine in half proportions. Put the vessel on the fire, bring slowly to the boil, at the first signs of which take the pan from the fire. Let the fish get cold in the broth. Dish them with a nice garnish of watercress, and sprinkle them with salad oil and some of the strained marinade, serving the rest in a boat.



SECTION VIII.

Terrines, Pies, etc.

ALL the trouble of pastry-making can be avoided, and an excellent series of pies obtained by using the French glazed fire-proof *terrines* or covered pie-dishes, to which reference was made in speaking of veal in jelly, page 114. These are now procurable in London without difficulty in various sizes, oval or round in shape, in pie-crust colour or brown. The method of using them presents no difficulty whatever. By reference to the recipe just alluded to, to those given for forcemeats, pages 75-79, and the exercise of a little consideration, success may be looked upon as certain. The chief things to be sure of are: (1) the moistening broth, which *must* be good—a

carefully made jellied gravy as given page 41 ; (2) a good forcemeat, page 75 ; and (3) a good seasoning mixture, for which see page 66. Then let there be patience and judgment in packing, attention paid to proportions in the allotment of fat and lean, and a judicious selection of adjuncts to heighten the flavour, such as lean ham or tongue, Brunswick or Bologna sausage, mushrooms, and, of course, on special occasions, truffles, *foie gras*, etc. *Terrines* can be made of cooked or uncooked meat, and I think that one recipe for each will be sufficient.

1. **Terrine de lièvre.** (With uncooked meat.)—Choose a hare that has not hung more than four or five days. Take off all the meat, reserving that of the legs and thighs, with the heart, liver, and kidneys for forcemeat. Break up the head, neck, and bones to assist in making the *fumet*, or essence, to be spoken of later. With the choicest meat make a *salpicon*, or coarse mince, in half-inch squares, put this into a bowl with an equal quantity of fat of bacon or ham similarly cut ; season well with seasoning (*b*), and sprinkle amongst it a table-spoonful of very finely minced shallot and

a claret glassful of marsala, with which a table-spoonful of melted red-currant jelly and two of walnut-pickle vinegar have been mixed. Let this rest, stirring it about now and then, for six hours. Pass the coarse meat, with the liver, heart, and kidneys, through the mincing machine, mix with it an equal quantity of similarly minced uncooked lean veal or pork, and as much fat of ham or bacon as will equal in weight that of the united quantity of hare and veal. If this has been well minced there will be no necessity to pound it, but season it well with the mixture (b). Now take the *terraine*, line it with thinly sliced cooked bacon, and then begin to pack it, first with a layer of forcemeat, then one of the *salpicon*, again forcemeat and *salpicon*, and so on till filled, finishing with a final layer of forcemeat, and a covering of thinly sliced bacon. Lay a band of joining paste round the rim of the *terraine*, wet it, fix the cover thereto, and put the dish in a baking tin with an inch or so of water round it, and bake in a very moderate oven for an hour and a half to two hours. Then take it out, let it rest a quarter of an hour, remove the

cover, and pour into the terrine from two to three gills of the *fumet*, cover again and put the dish into the refrigerator or a cold larder, where it should remain four or five hours. When required, take off the cover and decorate the top with broken meat jelly,—that produced by the *fumet* when cold the best.

2. The **Fumet** should be made in this way : Break up the bones of the hare as small as possible ; crush the head with them. Put four ounces of good beef dripping into a stewpan, melt it, mix into it three ounces each of onions, carrots, and turnips, an ounce of celery, one of parsley, the peelings and trimmings of half a pound of mushrooms, and three ounces of lean gammon or bacon or ham, all minced small ; season with two tea-spoonfuls of seasoning (*b*) and fry over a fastish fire, adding a claret glassful of chablis or marsala ; fry until the contents of the pan are well coloured, and the moisture is reduced to a glaze, stirring throughout the operation ; then pour in a pint and a half of second stock or broth, hot, bring to the boil, and simmer gently for an hour and a half. Now strain into a bowl, let it get cold, remove the fat, and heat up when

wanted for the moistening of the pie. This will produce a firm jelly when cold. Follow this method for the extraction of chicken, rabbit, or game *fumets*.

Note.—Game *fumets* can be made of old birds, the carcasses of birds the best meat of which has been taken for entrées, or of birds that have been badly shot. In London old birds can always be procured when *fumet* in any quantity is required. As a rule the bones, skin, and giblets of the game used for the pie, with the vegetables, etc., will furnish the necessary material for work on a small scale. The bones must be absolutely *crushed* for the extraction of flavour and gelatine.

3. **Terrine of veal.**—With cooked meat. Prepare in slices a pound and a half of lean cooked veal, trimmed neatly with the browned skin removed, six ounces of cold cooked calf's liver, six ounces of lean ham, and one pound of mixed ham and bacon fat. Have ready a pint of good savoury jellied broth, with four hard-boiled eggs sliced, and a saucerful of seasoning mixture (*b*). Line the *terrine* with slices of fat bacon, dust seasoning over this, and then begin to pack the hollow with the slices

of veal, liver, lean ham and fat, fitting them neatly and closely, and putting in slices of hard-boiled egg here and there with seasoning as you go on. When packed nearly full pour gently in some of the jellied broth, letting it soak into the meat and rise just level with the top, cover then with slices of bacon, and fix on the lid with paste, as in the case of No. 1. Bake in the same way in a very moderate oven for an hour. Then let it get cold. To finish, remove the cover, take off the top layer of bacon, and cover with broken jelly.

Note.—If this system be carried out as described, any kind of meat, or assortment of meats, can be used for a *terrine*, provided that the proportions of fat and lean are maintained, and the moistening broth be savoury and good. A lining of forcemeat 1, page 75, or of stuffing 1, page 67, would improve the terrine, while cooked mushrooms might be dotted about among the layers of meat.

4. **Terrine de foies de volaille.**—Take a dozen good fowls' livers whole, or a pound of calf's liver, cut into inch squares. Give them a few turns in a sauté-pan, with a couple

of table-spoonfuls of finely minced shallot for five minutes, then drain them, wipe off any pieces of onion that may adhere to them, let them get cold, and wrap each in a jacket of cooked fat bacon. Line the terrine with slices of bacon, and then fill it in layers with forcemeat No. 6, page 78, and the little rolls of liver ; press all gently together and bake like No. 1, adding a strong jellied broth made of giblets and remnants of chickens, in the manner described for hare *fumet*. A few truffles would, of course, greatly improve the terrine.

Ordinary Pies.

Next, as regards ordinary pies—those prepared in pie-dishes and covered with crust I mean. There is very little to add to the advice given for *terrines*, for, for the best examples, exactly the same care in respect of jellied broth or *fumet*, the seasoning and the forcemeat should be taken. The pie of the domestic kitchen is often superior to one purchased, nevertheless I think that our cooks require a few hints, if variety and improvement be desired. First, the time-honoured

custom of laying a foundation of boot-leather in the form of pieces of beefsteak at the bottom of the pie-dish should be abolished. If a very strong broth be made for the moistening of the pie, the *raison d'être* of the steak disappears, for it was introduced for the production of gravy. If additional bulk be required, pass a pound of uncooked fillet of veal or steak through the mincing machine, add two ounces of minced onion to it, season with mixture (b), and divide it into pieces half the size of ordinary sausages; wrap these up in fat bacon, and lay them close together on the bottom of the pie-dish. They will be tender and savoury: indeed, a whole pie may be thus filled, and if moistened with a good broth, and assisted with pieces of cooked mushroom and hard-boiled egg mixed among the layers, a very excellent result will be obtained. Never moisten a pie as recommended by some bad guides, with hot water and Worcester sauce. Remember that the fatty element is a necessity for the production of succulence. This is often lost sight of in pie-making. The best French authorities propound equal weights of lean and fat, and I

would certainly never have a smaller proportion than twelve ounces of fat to a pound of lean. Butter is of no use in a pie; the fat of ham, tongue, or bacon should be used. Forcemeat is undoubtedly a valuable thing if made carefully, and stuffings such as those given in Section IV. improve an ordinary pie if introduced like forcemeat. A little judgment should enable a cook to adapt these hints to circumstances. Here is an example :

5. **A venison pasty.**—I once had before me about two and a half pounds of cold roast neck of venison,—the best end, and not overdone,—and the remains of a brace of grouse. A pie was wanted for a picnic, so the following process was carried out: the meat, with all the fat, was cut off the bones of the neck of venison, and all that was left on the grouse was picked off. The bones of both the venison and grouse, with skin, etc., were then crushed and used in the manner described for *fumet* of game. The venison cut into half-inch squares, and the grouse meat minced coarsely were put into a bowl with fat of cooked bacon sufficient to make up the proportion of fat to lean correctly. This was

seasoned like the hare in No. 1, and the wine, red-currant jelly, and vinegar therein given, were added. A good forcemeat (No. 6, page 78) was made, and with these ingredients the pie-dish was filled in the manner explained for No. 1. It was then covered with pie-crust and baked in a moderate oven for an hour and a half. The *fumet*, which was really excellent, was put in to finish with while the pie was still hot, after which it was left in a cold larder for a night.

Raised Pies.

Although not commonly undertaken by the domestic cook of moderate households the making of raised pies is very simple and inexpensive. Provided with a proper mould she has only to follow the following advice to produce satisfactory results :

6. Raised pie crust.—Put a pound of flour into a bowl, make a hollow in its centre, and break one by one into this three yolks of eggs; mix them with the flour, adding a tea-spoonful of salt. Now put eight ounces of butter with a gill of water over the fire, and when melted begin to pass it into the flour in very small

quantities, mixing well with a wooden spoon until it is expended, then add just sufficient water in the same way to bring it to a smooth and pliant dough. Pat this into a ball and leave it in the larder to get quite cold.

7. Lining the mould.—When required put the ball of dough on a floured slab and roll it out as evenly as possible, not less than half an inch thick for lining the mould. Now butter the mould well with a brush, and lay the paste over it, pressing it down gently into the mould, taking care to make it fit the inside of the mould all round closely, and leaving about an inch overlapping the rim.

8. Packing the mould.—Line the hollow thus made with the forcemeat chosen, and pack the mould firmly with the meat, etc. ; cover the top of it with slices of fat bacon and lay over it the pastry cover separately cut to fit it, pinching its edges to the paste overlapping the rim, which should be brushed with white of egg to fix it. Make a hole in the centre of the top the size of a sixpence and bake the pie in a moderate oven from about an hour and a half to two hours, protecting the top as soon as it takes a nice colour with buttered paper.

Finishing.—When done take it out of the oven, let it cool for half an hour and then pour in through the hole in the top the melted jelly broth or *fumet* and cover the hole with a paste ornament separately baked. Set it aside in a cold larder or the refrigerator for four or five hours. Now draw out the pins, detach the mould, and serve the pie in a dish upon a serviette.

9. Briefly the few **rules of raised pie-making** are these: Be careful in making the paste and roll it out not less than half an inch thick; be equally careful in respect of the forcemeat, upon which much depends; all meat, birds, and fish must be boned before being used for raised pies; pack closely, pressing the meat and proper proportion of fat down gently with the back of a plated spoon, if not the contents of the pie will sink during the baking leaving an unsightly hollow at the top; season each layer lightly unless the material has been already seasoned. Never moisten until *after* the baking, and then let the moistening be a strong jellied essence of meat, fish, or game (as the case may be) poured through the top of the pie. Let the pie remain in the mould until very cold, release it then

carefully, brush it over with a light coating of glaze, and set it on a dish with green garnish.

10. **A raised fish pie** may be described on account of its uncommonness. Make a pound of fish forcemeat No. 5, page 78. Prepare a raised pie mould with paste as just explained, line it with the forcemeat, then pack the hollow with fillets of salmon, salmon trout, turbot or any good fish cut rather short and thick between layers of the forcemeat, seasoning with mixture No. 2, and sprinkling the fish as you pack it with a few drops of marsala; finish with forcemeat, cover, and bake; when done, but while still hot, pour in through the hole in the top a couple of gills of strong fish broth reduced to glaze, No 8, page 44. Truffles, mushrooms, oysters, shredded lobster, minced shrimps, hard-boiled eggs, etc., may be introduced as you fill the mould for special occasions. An excellent eel pie may be made in this manner if the eel be carefully filleted and freed from bones.

11. Another way of preparing a raised pie may be carried out in this manner: Prepare a raised pie with a paste lining, but, instead of filling it with forcemeat and meat or fish, line it

inside with buttered paper and fill the hollow with flour or raw rice ; cover the top of this with buttered paper and lay over it an ornamented cover of the paste, fixing it to the rim as if the pie were complete. Bake this for an hour and a quarter in a moderate oven, and when it takes a nice colour remove it. Let it rest for ten minutes, then carefully remove the cover of the pie ; draw out the supports and detach the sides of the mould ; take out the rice or flour and buttered paper and push the empty case into the oven at gentle heat to dry the inside of it. When cold this can be filled in layers with *foie gras au naturel* in fillets, slices of larded sweetbreads that have been braised, fillets of cold cooked chicken, pheasant, or other game bird, cold larded and braised fillets of hare, etc., etc. Slices of truffles and cooked ham with plenty of fat should be introduced between the layers, and each layer should be moistened with strong meat jelly flavoured with game or chicken *fumet* and liquefied sufficiently to flow in and among the layers of meat. When filled the cover should be laid over the top again and the whole pie lightly glazed ; or, instead of putting on the

cover, the top of the pie may be finished with a ring of egg garnish, page 51, or turned olives round the border, and a little dome of the meat jelly, broken in the centre. Keep the pie in a cold larder or refrigerator until it is required. It is obvious that this sort of pie can be packed with any kind of nice tender savoury meat. Then, provided that the meat jelly be good, the seasoning carefully applied, and the correct proportion of fat to lean maintained, a very good result will be obtained. A very superior pie can be made in this way if the contents be compounded of *foie gras au naturel*, larded and braised sweetbreads, fat of ham, and truffles.



SECTION IX.

Supper Entrées.

The French word *entrée*—suggesting as it does an artistic composition which is brought in or introduced as a course during a dinner—cannot be applied to a dish for the supper table as appropriately perhaps as the old English term “side dish.” This, as every one knows, no doubt, indicated in former times a “made dish” (another old term) which was placed upon the side of the table while the joints were set at its ends, just as supper *entrées* are laid out among the more substantial dishes on the modern buffet.

For ball suppers—I speak especially of those supplied on contract—*entrées* are often made use of to fill vacant spaces on the table

effectively, and to give an expression of variety and profusion to the menu. Now I must confess that with the exception of a few good things to be spoken of later on I think that the less we see of these compositions the better. Either left untouched, or merely played with, they are in most cases wasted, while both time and money are thrown away upon them. For too often it happens that their pretty appearance is their only recommendation, and that the genius of the caterer does not rise above a stereotyped level which seems to be fixed at the production of sundry little things set in watery over-acid aspic, or tasteless masking. Thus we continually meet—often in one menu, indeed—fillets of fish, of shell-fish, of *foie gras*, *quenelles* of chicken, and *médallions* of game, all buried in so-called aspic and more or less elaborately ornamented which no connoisseur thinks of touching. This sort of thing is the more to be deprecated because with the same expense and less trouble really excellent *pâtés*, *pains*, *terrines*, *mousselines*, etc., could be provided which would be thoroughly appreciated.

1. A **Chaud-froid** is always welcome if it be

properly made, with the utmost attention to flavour, and with simple garnish without ornamentation. A good *chaud-froid* of chicken might be described as a cold *suprême*, and one of game as a cold *salmis* or *ragoût* with all the savoury flavour of the hot dish, seeing that they should be masked with the same sauce gelatinated. It is of course unnecessary to say that to effect this object no pains should be spared in the extraction of savoury essences or *fumets*, and the reduction of the sauces to concentrate their flavours. A *chaud-froid* can be composed either of fillets of chicken or game without bones, or of the various parts of the bird cut up with their bones as for *fricassée*. I much prefer the former method. In the first place it presents a less troublesome dish for those who have to eat it, and in the next the bones can be turned to account in making the broth for the masking. One example will be sufficient.

2. **Chaud-froid de caneton.**—Roast a good duckling carefully, taking care to avoid over-doing it. Let it get cold. Now, take the meat off the breast, passing the knife close to the bone so as to keep it as whole as

possible, detach the wings, thighs, and legs, and remove the meat from them in the same way. Cut all the meat thus obtained into neat fillets of a fair size, taking off all skin. Lay the carcass and bones of the legs, etc., on a chopping board and crush them to a coarse pulp, sprinkle this with a glass of marsala, and lay it in a stewpan with an ounce and a half of butter, all scraps and trimmings, three ounces each of onion and carrot, half an ounce of celery, an ounce of mushroom trimmings, a fagot of herbs, or tea-spoonful of seasoning mixture (*a*), and fry for seven or eight minutes, then moisten with five gills of warm broth, adding half an ounce of glaze. Proceed exactly as described for *fumet* (page 155). When the full flavour has been extracted, strain off the broth, cool, skim it, and with a *roux* of an ounce each of butter and flour proceed to turn it into a brown sauce, adding three quarters of an ounce of dissolved gelatine; bring to the boil, skim, simmer, and strain this into a bowl. When cool, but not *quite* beginning to set, dip into it one by one the fillets of meat, using a skewer for the operation, and lay the coated

pieces out on a roomy dish laid over ice. When all have set nicely, pack the fillets in dome shape in the centre of an *entrée* dish, garnish this with good aspic and selected green stuffs, and keep it as cold as possible till wanted. Another simpler plan is to decorate a dome-shaped mould or bowl, to set it in ice, and pack it with the fillets in layers, setting each layer with the masking while in a liquid state. Turn out the mould when required. This renders unnecessary the process of masking the fillets independently.

Notes.—In this way all *chauds-froids* of game may be made. If desired, cooked ham and tongue in strips, truffles, and cocks-combs may be introduced in the packing or among the layers. For a chicken *chaud-froid* let the bird be boiled and the masking made as recommended for *poularde à l'ivoire*, page 127, the bones mashed to a pulp being cooked as just described in the *cuisson* to give it additional flavour. When time admits of it, the flavour of the meat is improved if it be marinaded in the broth before the latter is turned into masking. Wine is not required for chicken *chaud-froid*, but a little

cream may be added to the masking just at the end of the mixing with the yolk of an egg.

3. The **Pain** may be described as a forcemeat of chicken, game, *foie gras*, or fish, cooked in a plain charlotte or other mould by poaching, or set with gelatine. The forcemeats already given may be employed in this manner. In its best form a *pain* is improved with a *salpicon* or coarse mince of tongue, ham, truffles, etc., which, stirred into the forcemeat, is cooked with it. The processes described in Section IV., pages 80, 81, and 82, may be followed with the exception of the additional cream, instead of which a like quantity of well-flavoured *fumet* of chicken, game, or fish, as the case may be, should be used. One of the best of these is a :

4. **Pain de foie gras.**—Take equal weights of calf's liver and fat bacon, say one pound of each, and cut them into dice. Put the bacon dice into a sauté-pan first, melt them over a fairly fast fire, then put in the liver dice, sprinkle with a dessert-spoonful of finely minced onion, the same of parsley, and a tea-spoonful of seasoning salt (*b*) ; fry quickly

for four minutes, stirring the contents of the pan all the time, and then empty all into a bowl and set it aside to get cold; when cold, turn the whole out of the bowl into a mortar and pound it, blending with it a quarter of a pound of *panade*, one whole egg and three yolks; pass the forcemeat thus made through a hair-sieve on to a plate. Cut into neat fillets one preserved *foie gras au naturel*, and make a *salpicon* of a quarter of a pound of truffles and the same of fat of cooked ham. Now butter a plain charlotte mould, line it with buttered paper, put a layer of forcemeat three-quarters of an inch thick at the bottom of it, then a layer of *foie gras* and *salpicon*, then one of forcemeat, and so on till the mould is filled, finishing with the forcemeat. Then proceed to cook the mould as directed for "poaching *au bain-marie*," page 97. Remove when done, and let the mould get cold; when required for finishing, warm it, and turn out the *pain*, glaze this with meat glaze, garnish it according to taste, and keep it in a cold place till wanted.

5. **Pain de faisan.**—This may be given as

an example for a *pain* made of game. Take the whole of the flesh of an uncooked pheasant, pass it through the mincing machine with twelve ounces of cooked fat of ham or bacon into a bowl set in ice, mix with it one by one four yolks and a gill of *fumet*, made with the carcass and bones (page 156); prepare a *salpicon*, in quarter inch squares, of truffles, ham, tongue, *foie gras*, and cooked sweetbread, moisten this with a gill of the *fumet*, mix with the pheasant forcemeat, fill the mould, and cook in the manner just described for *pain de foie gras*. It is obvious that the *salpicon* can be composed of any two of the materials mentioned, with or without truffles as occasion may require.

6. **Pain de volaille.**—For an example of the method of setting a *pain* with gelatine, please refer to the recipe given, page 82.

Note.—Little *pains* may be made by dividing these mixtures into portions and filling dariole moulds with them. Cook the little moulds in the same way.

7. **Crèmes.**—Directions for the composition and cooking of *crèmes* will be found in Section IV., pages 80, 81, and 82.

8. **Mousselines.**—The recipe given, page 82, can be followed for a *mousseline* set with gelatine, using chicken, rabbit, pheasant, ham, lobster, or salmon, according to desire, in like proportions. The broth should be turned to *béchamel* sauce for the moistening of the purée of rabbit or birds, and to *espagnole* for brown meat, while a strong creamy fish sauce made with broth extracted from fish cuttings and the pounded shell and feelers of a lobster should be used for lobster or salmon. *Mousselines* and *crèmes* are often moulded within a lining of aspic jelly as follows :

9. **To line a mould with jelly.**—Having prepared a pint of aspic according to the advice given, pages 39 and 40, bury the mould you have selected for use in ice. It must be very cold. The aspic must be cool but fluid. When it is cold enough take out the mould, hold it in the left hand wrapped in a wet cloth dipped in iced water, pour in a little of the jelly and turn the mould about so that the liquid may flow over its cold surface and set upon it ; let the mould rest in ice for about ten minutes, then repeat the

additions of the jelly till the whole of the inside of the mould is coated with a lining a quarter of an inch thick. The *mousseline* mixture, cold, should then be put into the lined mould, which should be kept in the ice till wanted. The jelly must be kept in a fluid condition throughout the lining process, for if it be beginning to set the effect will be lumpy.

10. Directions for a *mousseline* set by poaching will be found in Section IV., page 80.

11. **Little galantines** make an effective *entrée*. Quails, larks, snipe, pigeons, and ortolans can thus be used. Bone the birds completely, or get it done for you by the poulterer. If the latter course be adopted be sure to have the bones and giblets sent with the boned birds, for out of the *débris* you must make your *fumet* (page 156). Choose a stuffing or farce for the filling of the birds from among those given in Section IV., and pack, sew up, wrap in cloths, tie across, and braise the birds in *mirepoix* exactly as described for galantines (page 111). Finish them in the same way by releasing them

when cold and lightly pressed from their wrappings, trimming, and glazing them. The whole success of these morsels depends upon the forcemeat, which must be very carefully made. A small truffle can be inserted within each bird if liked. The little galantines can be dished in a circle upon a sloped *socle* with a garnish of broken jelly and olives *farcies* or *salade cuite*.

12. **Ballotines** may be described as little galantines which are cross-tied before cooking in round shapes and pressed while hot after cooking so as to maintain that form. Chicken *ballotines* are made in this way: Prepare a completely boned chicken as if for galantine, but do not fill it quite as full as you would were it to be required whole. Fold it in oblong shape, sew it up, and wrap it in a cloth as usual, securing the ends firmly; mark this off into three or four equal portions—according to the length of the roll—and at each mark tie the roll tightly with tape, giving it the appearance somewhat of a chain of sausages. Each portion should be about two and a half or three inches long. The compression of the tape

will give them a round shape. Braise this in *mirepoix*, and let it get quite cold in the broth. When this has been done drain, untie, remove the cloth, and cut the portions across where they were tied. Now trim and glaze the ballotines, and dish them in a circle in the manner suggested for little galantines.

13. **Petites caisses.**—These make a useful sort of *entrée*, and are easily made in two or three ways. The nicest, perhaps, is that in which a whole or half cold galantine of a small bird, nicely masked, is set in a boat or kite-shaped china or paper case. Take, for example :

14. **Petites caisses de mauviettes à la gelée.**—Bone the larks, fill them with stuffing No. 6, page 72, or forcemeat No. 3, page 77, with or without minced truffles, as may be decided by the circumstances. Roll them up, wrap them in buttered papers, and tie them in shape with cross tapes. Line a shallow stewpan with thin slices of fat bacon, lay the little rolls upon this, cover them with sliced bacon, and moisten level with their tops with hot broth from which the fat has not been removed ; bring this to the boil, then reduce the heat, cover the pan, and simmer very gently indeed for about fifteen

minutes, when the birds will be done. Let them get cold in the broth. Now remove the wrappings, trim, and dip them into brown *chaud-froid* masking, flavoured with the *fumet* extracted from their bones. Let them set firmly, and finish by putting them either whole or in halves in the cases, decorating them with broken meat jelly, page 41.

15. **Petites caisses de foie gras.**—In this instance *foie gras au naturel* and truffles, cut into half-inch squares, are set in the *caisses* with strong meat jelly over ice, and garnished with some of the same jelly broken.

Note.—Any nice coarse mince of game, chicken, tongue, ham, or sweetbread, with *foie gras* and truffles if liked, can be thus served, and the setting may be effected with brown *chaud-froid* sauce flavoured with game *fumet*.

16. **Coquilles.**—Like *caisses*, silver, or pretty china scallop shells, may be used for savoury salpicons, with good *chaud-froid* or meat jelly settings and broken jelly garnish. As an example, however, of a slightly different method, take :

17. **Coquilles de volaille.**—Cut cold chicken or turkey into neat little squares, add one-third

of its quantity of ham or tongue, similarly cut, and one quarter of cold cooked mushrooms; put this into a bowl, season it with pepper and salt, and sprinkle it with a few drops of salad oil and herbs vinegar. Let this remain in a cold place until the time arrives for dishing, when stir into it sufficient mayonnaise sauce *à l'estragon* to moisten it. Arrange this in dome shape in the coquilles, mask with more of the mayonnaise, and sprinkle the surface with finely minced olives or capers.

Note.—Instead of mayonnaise,—which is only recommended for suppers at home when the coquilles would not lie soaking for a considerable time as at a ball supper—a moistening of one of the cold Hollandaise sauces given in Section II., pages 11, 12, and 32 may be substituted.

18. **Cutlets and médaillons.**—These can be stamped out of slices of galantine or cold poached *farce à la crème*, page 80, and dipped into *chaud-froid* masking, brown or white according to the meat chosen. When set in the manner explained for *chaud-froid*, they can be trimmed and dished prettily against a *socle* cut in the form of a pyramid, page 63,

garnished with aspic *croûtons*. *Médallions* should be cut round or oval in shape, cutlets, of course, in cutlet shape.

Note.—Tender cutlets of mutton or lamb from the neck, *médallions* of mutton, lamb, or veal, *noisettes* or *filets mignons* of beef or hare, if carefully prepared and cooked, make excellent supper *entrées* for home service. They should be dished in flat dishes and set in *meat* jelly, not aspic—just sufficient of the jelly to cover them. Prepare them in this manner: lard them *through*, *i.e.*, draw the bacon through the meat, not in and out of it, and snip off the ends, do the same with strips of cooked tongue, braise the cutlets gently in broth with vegetable trimmings and a glass of marsala; when done, drain them, lay them out on a joint dish, put another weighted with weights over them, and let them get cold. After this release them, trim them very neatly, cutting the bones off close to the meat, arrange them on a silver dish, set this on ice, and pour diluted savoury meat jelly over them in the quantity just mentioned. Garnish may be arranged and set with them, if liked, such as hard-boiled yolks, balls of

green butter, cold cooked peas, *fonds d'artichauts*, turned olives, tomato buttons (page 47), etc. The larding with bacon and tongue must not be omitted, and the meat jelly must be strong and savoury. Watery aspic would spoil the dish, and cutlets without larding would be dry.

19. **Quenelles, and Quenelles fourrées.**—See prescriptions for forcemeats for quenelles, pages 78, 79. Put the mixture that may be chosen into buttered quenelle moulds, and poach them gently till set. Permit them to get cold in the broth, then warm and turn them out of the moulds, mask as described for the fillets of duckling in No. 2 of this Section. Dish and garnish like *médallions*. For “*fourrées*” scoop out a hollow in each quenelle while it is hot and in its mould, fill this nearly with *D’Uxelles* (page 71), minced *foie gras*, or truffles moistened with warm meat glaze or diluted meat jelly, cover over with some of the quenelle meat which was extracted, smoothing it with a palette knife dipped in hot water; let the quenelle get cold, and finish as described (page 146).

20. **Petits pâtés, bouchées, etc.,** can be easily

made by preparing a number of neat little cases by lining patty-pans, mince-pie pans, or *bouchée* moulds with *croustade* paste as explained page 53, and filling them with very savoury *salpicons* mixed with meat jelly and finished with a little garnish of broken jelly. Shell-fish shredded and moistened with jellied Hollandaise sauce can thus be utilised. Rolls of puff-paste, enclosing the curry forcemeat (page 130) in the manner of sausage rolls, or any nice forcemeat, are exceedingly nice for picnics.

21. **Boudins.**—These offer another way of using good forcemeat effectively: Butter a number of small darioles, line them with chicken forcemeat, leaving a little hollow in the centre for a tea-spoonful of *pâté de foie gras* or minced truffles, with ham moistened with a spoonful of Madeira sauce; enclose this with more forcemeat, and poach the little moulds very gently; let them get cold in their moulds, then warm, turn them out, trim them, arrange them on a dish set over ice, and mask them or merely glaze them. These can be varied considerably by changing the forcemeat. Very nice fish boudins can be made by lining the

moulds with fish forcemeat (page 78) and filling the hollows with a little creamy purée of lobster, crab, and shrimps, salmon, or prawns.

Notes regarding Cold Entrées.

The chief points to note in all these recipes for cold *entrées* is the absolute necessity of following accurately the instructions given for forcemeats, the extractions of essences or *fumets* to strengthen their flavours, and the careful composition of maskings. Never use inferior so-called aspic jelly when *meat* jelly is mentioned. The best of all jellies are those which, made on a strong foundation of pounded bones and veal, require no gelatine to set them. Moderate care in the use of the carcasses and giblets of birds, in the manner frequently directed, will yield this without expense. Avoid the modern error of making prettiness of greater importance than flavouring. Be chiefly concerned about having good savoury foundations for all things by *bonâ-fide cookery* to the exclusion of ready-made store sauces, colourings, etc., and be contented with neat, attractive garnishing without elaborate ornamentation.



SECTION X.

Vegetables and Salads.

THERE are several of our vegetables which are very nice to eat when served cold—not necessarily in salad or with mayonnaise sauce but as *entremets* separately. For instance: asparagus, green peas, artichoke bottoms, French beans, flageolets, scarlet-runners, broad beans (young and skinned), seakale, salsify, Jerusalem artichokes, and *stachys Japonais*, with a moistening of nicely sharpened *Hollandaise* or *mousseline* sauce (pages 21, 22), or pure cream are excellent. The process of preparing them is very simple :

The vegetable chosen having been carefully boiled, and by no means overboiled, should be arranged neatly in a *légumière* and kept in as

cold a place as possible. Just before serving it should be seasoned with salt and pepper, and finished with a dressing of the sauce also very cold. If cream be used the vegetable should be sprinkled with tarragon or any good vinegar, seasoned, and then well moistened with the cream. All moisture that may drain from the vegetable should be poured away before the final steps are taken, and the dish ought not to be finished off until just before the time of service. For this reason these *entremets* are better adapted for the home supper table than for balls, receptions, etc. They are specially nice in summer.

Here are a few uncommon dishes which have been found successful :

1. **Concombres à la Wyvern.**—Fillets of cold cooked cucumber, not overdone, arranged in a *légumière*, delicately seasoned, sprinkled with picked and minced shrimps or shredded lobster, and moistened with sauce *Hollandaise* or *mousseline*.

2. **Pommes de terre à l'Ecossaise.**—Cold boiled potato sliced, or small new potatoes, garnished with shredded salmon and dressed with sauce *Béarnaise*, page 22. The salmon

may be taken either from a piece of cold fresh or cooked smoked fish.

3. **Courgettes à la poissonnière.**—Slices of young, not over-cooked vegetable - marrow, sprinkled with shredded crab and moistened with *Hollandaise aux anchois*, page 22.

Note.—The quantity of fish introduced in these dishes must not be excessive—just a slight garnish, as it were, so that the vegetable may not be overpowered.

4. **Chou-fleur à la Cingalèse.**—Cold cooked sprigs of cauliflower (*en bouquets*, page 58), seasoned, sprinkled with lemon juice, and moistened with Cingalese sauce, No. 8, Section VII., omitting the gelatine. If served *very cold* this is a nice *entremets*, and other vegetables may be treated in the same manner. A table-spoonful of cream improves the sauce. Stir the cream in just before using the sauce.

Another way is to set the vegetable in a mould in layers—like the fish in recipe No. 8, just referred to—with the Cingalese sauce gelatinated as therein explained.

A nice series of cold *entremets* of vegetables can be produced by following the process just mentioned, *i.e.* setting them in moulds in any

creamy savoury sauce or custard, or as *pains*—consolidated purées with cream—of green peas, for instance.

Those who like cheese in alliance with vegetables can have them set in a gelatinated Milanaise sauce or cheese cream: To a pint of savoury custard add by degrees finely powdered dry gruyère or cheddar till the flavour is quite perceptible but not overpowering, and finish with a tablespoonful of cream. Set the vegetable in layers with this in a mould over ice. Cauliflower sprigs, fillets of cucumber and marrow, and slices of Jerusalem artichokes are specially good when prepared in this way.

5. Cold moulds of steamed vegetables.—Moulds of vegetables can of course be steamed, allowed to get cold in their moulds, and then turned out, trimmed, masked, and garnished in the manner mentioned, page 97. If made with a purée the following proportions may be fixed: To a pint of purée seasoned and passed through a hair sieve, allow two gills of cream, three yolks and two whole eggs; mix this well in a bowl, and pour it into a well-buttered mould, and steam. If made

with fillets of vegetables, sprigs of cauliflower, asparagus points, *fonds d'artichauts*, etc., butter the mould and pack it with the pieces of vegetable as you pack with cake a mould for cabinet pudding; then pour in cold a **custard mixture** very gently so as to disturb the packing as little as possible: Break three yolks into a bowl one by one, beating them gently together, add two of the whites with three gills of milk or milk and chicken bone broth blended; strain this through a sieve, and use. An example of this sort of dish may be given as follows:

6. **Crème d'asperges**.—Choose about forty heads of fairly thick asparagus. Measure the depth of a pint charlotte mould and cut thirty of the heads exactly that length. Cut the green part of the remaining ten heads into “asparagus peas,” *i.e.* small pieces the size of large peas. Put the lengths cut for the mould into boiling, slightly salted water, with half an ounce of butter, in an earthenware pan if possible to maintain the green colour, boil fast till partly done, then drain, and set the asparagus aside to get cold. Cook the “peas” in the same way in a small saucepan, strain,

and cool them. Into the boilings of the two put the stalks, finely shredded, add half a pint of boiled milk, and get as much flavour out of them as you can by boiling them half an hour; then strain off and cool the liquid. If any pulp can be pressed out of the stalks add it to the liquid. Turn three gills of this to a custard mixture, according to the proportions just given, and strain it. Now butter a pint charlotte mould liberally, cover the bottom of it with the "asparagus peas," and line the sides with the cut lengths set perpendicularly, points downwards, so that the tips may be uppermost when the mould is turned out. The lengths should just touch each other as the strips of bread do in an apple charlotte. When the mould is thus lined add a gill of cream to the custard mixture and pour it into the mould. Then steam in the manner already described. A plain garnish of aspic and watercress round the edge of the dish is sufficient: serve very cold. The more pulp of asparagus in the custard the better; if, therefore, a few extra heads can be spared for this purpose the *entremets* will be improved. Setting in gela-

tinated cooked creamy custard is equally practicable.

7. **Fonds d'artichauts à la Castelane.**—Prepare a dozen good-sized artichoke bottoms as explained page 57, not bottled things. Scoop out the chokes and let them get cold on a flat dish over ice; now make a mince (calculating two teaspoonfuls for each *fond*) of cooked truffles and asparagus points; moisten this with a spoonful or two of mayonnaise or Hollandaise sauce, fill the hollows of the artichoke bottoms with it, smooth them over, and mask each with mayonnaise or Hollandaise, slightly diluted with liquefied aspic. Keep the dish over ice, and when well set detach the *fonds*, arrange them in a *légumière*, prettily garnished with garden cress, egg garnish, and aspic *croûtons*.

8. **Fonds d'artichauts à la Princesse.**—Fill the hollow with lobster or shrimp purée and mask the *fonds* with sauce *Béarnaise*, page 22, or No. 31, page 31, prepared in either case with liquefied aspic. Dish as in the preceding case.

Note.—Artichoke bottoms of a fair size can be served in silver or china *coquilles*, with a nice masking of jellied sauce.

9. **Croustades.**—Cooked peas, flageolets, French beans cut into diamond shapes, artichoke bottoms in half-inch dice, “asparagus peas,” *stachys Japonais*, etc., can be served in *croustade* cases, page 53. Line the cold cases with green butter, fill them with the vegetable moistened with a little of the sauce chosen, trim this in dome shape, and mask over with a little more of the sauce. Note what is said, page 54, about the filling of *croustades*.

Salads.

While a salad may be considered quite an essential feature of the home supper or picnic experience compels me to discourage its inclusion in the menu of a reception or ball supper. A mixed mayonnaise that has been kept in the temperature of a supper room for half an hour is virtually spoilt. The same may be said of a salad. On such occasions the only way to serve salads at all successfully is to keep the dressing in a bowl buried in ice, separately, at the buffet, and to serve each portion there with its allowance of sauce as it is required. But this is a complicated method which during a brisk demand on the waiting

staff at a crowded entertainment would probably be found impracticable. It is then better to omit these particular dishes altogether. Fish mayonnaises soon become unpleasant in hot rooms, and it is a sad thing to see dishes of lobster salad, sodden, lukewarm, and perfectly uneatable, encumbering the table when the chief ingredient might have been effectively presented in a different form.

Salads may be divided into three classes : (1) Plain salads, composed of vegetable materials only, dressed with oil and vinegar, or salad sauce, page 30 ; (2) salads in which the meat or fish or fowl is blended with the vegetable matter (mayonnaises belong to this class); and (3) salads in which truffles and the choicest vegetables appear with or without fowl or fish.

In the preparation of plain salads there ought to be no difficulty whatever if a few simple rules are followed. Our cooks seem, however, to be fettered either by national inaptitude, or by fatally erroneous tradition, for as a rule they commit in respect of this dish every mistake that is possible. They begin by soaking the green stuff in cold water so that the leaves become sodden. These

being imperfectly dried carry a good deal of the water with them into the salad bowl. Already the salad is spoilt. Next, using a knife, they shred a lettuce as finely as possible and cast in with it, without consideration of proportion, garden cress, green mustard, water-cress, etc. Recklessly brave in the use of common vinegar they are excessively afraid of oil. Following some queer old nostrum or other some will put sugar, bottled anchovy sauce, even Worcester sauce into their dressings. Now look at the rules :

1. **Plain salad dressing.**—Do not remove the outer faded leaves of lettuces or endives until you are going to prepare the salad, for they assist in protecting the hearts of the vegetables, and keeping them crisp and fresh. Never wash green salading if you can possibly avoid it. If muddy after heavy rain strip off the leaves one by one with your hand, casting all that are of use into a roomy bowl full of water ; wash and drain these at once, drying them by tossing them in a dry cloth or swinging them in a salad basket. Tear the leaves to pieces, do not cut them. Have everything connected with the task as cold as

possible, including the salad bowl, cast in the torn leaves, and commence by sprinkling them sparsely with oil, turning them about freely with a fork during the operation. When all the leafy particles glisten brightly, stop, dredge over them, still turning them about, salt and black-pepper seasoning. Finish the very last thing before serving with a few drops of the finest vinegar—not more than a dessert-spoonful for an ordinary bowl full of salading. Acidity, remember, should not be assertive; its presence should be recognisable—no more.

It is absolutely impossible to fix exact quantities of oil, etc., for the dressing of a salad of this description, for they must be regulated by the amount of green stuff that you have to deal with. The eye tells you easily enough when the proper lubrication of the leaves has been effected, and the seasoning with salt and pepper requires no great exercise of skill, while the only point about the final modicum of vinegar is to remember that it must be a matter of drops, not of spoonfuls. When it is finished there should be no deposit of oily vinegar at the bottom of the bowl, no more moistening having been communicated to the

salad than just enough to anoint the leaves. Do not forget that vinegar deadens crisp leaves and should consequently be reserved for the very last act in the operation.

Plain salads are improved undoubtedly by scattering into them after the seasoning a small allowance of finely minced chives or green stem of small onions, chervil, tarragon, burnet, or any nice aromatic herb, changing the flavour from time to time according to taste. Granulated hard-boiled egg is often added to finish one of these salads as a sort of top dressing.

The rules that have been given can be applied to tomato and cold cooked vegetable salads as well as to those composed of green materials. A little extra vinegar may be given if the tomatoes are ripe.

2. **Tomato and orange salads.**—Plunge the tomatoes into boiling water for one minute, take them out and cool them in cold water; after this the skin, which many people find indigestible, can be peeled off. Slice the tomatoes up, retaining the juice and seeds, and dress with plain oil, vinegar, and seasoning; finely minced sweet basil may be sprinkled

over the salad with chives or green onion. Oranges should be peeled, freed from pithy skin, and divided into the natural quarterings of the fruit; the pips should then be squeezed gently out, assisted by a slit cut with a sharp penknife. Put the pieces of orange thus prepared into the salad bowl, and dress them as described for plain salad, sprinkling the whole with finely minced chives or green stem of onion and a little minced tarragon or burnet. The method of division I advise will be found better than slicing the oranges. This must not be mistaken for the sweet *salade d'oranges*, which is, of course, a very different thing.

3. **Melon salad.**—Cut the melon in sections in the usual manner, remove the rind, divide these into pieces of a convenient size, and treat in other respects like orange salad.

Salads in the second category, as I have said, might be called mayonnaises with equal correctness. Ample instructions as to sauces out of which selections can be made will be found in Section II. The nicest way of serving them is piled in dome shape in the centre of a low border of aspic jelly, which should be garnished appropriately with turned olives, hard-boiled

yolks of eggs, balls of green butter, etc., a plain salad accompanying. Defer the final dressing of the mayonnaise till as near the time of service as possible, and keep the dish in the refrigerator.

The flesh of lobsters, langoustes, crabs, and crawfish should be carefully picked and shredded, turned into a bowl embedded in ice, and dressed with the sauce chosen, to which a little diluted aspic should be added. This, stirred well together, will be ready in a few minutes, the consistence being sufficient to enable you to trim the fish in dome shape as mentioned. *Persillade* or *vinaigrette sauce* (page 24), or the slightly gelatinated *court bouillon* recommended at page 149, are to be recommended as better than any of the mayonnaise dressings for shell-fish, but, of course, this is a matter of taste.

Cold cooked salmon, sea-trout, lake-trout, grey mullet, etc., should be freed from bones very carefully and broken up flakily for salad. For the rest, treat as described for lobsters, etc. Mixed salads of fish are nice—turbot with shrimps or lobster, fillets of soles with shrimps, etc.

The meat of cold chickens, cold fowls, turkeys, ducks, game, rabbits, etc., make good salads. It should be cut into strips, freed from skin, sinew, and bone, put into a bowl over ice, and dressed with gelatinated mayonnaise sauce as in the previous cases.

Note (a).—The domes of shell-fish, fish, or fowl should be masked over with the sauce to finish with, and sprinkled lightly with minced olives, capers, or gherkins. Fillets of anchovies are often laid crosswise over these little mounds of fish.

(b) The salads accompanying these preparations may be composed of cooked vegetables as well as of green stuff, *macédoine* or *salade de légumes* being as good as any.

In class the third we find various fanciful combinations which are chiefly remarkable for the expensive materials of which they are composed. A few of them may be found practicable, especially with a little judicious pruning of such of their ingredients as can well be spared.

4. **Œufs de vanneau en salade.**—Arrange a dozen plovers' eggs in a *légumière*, surround them with cooked asparagus points which have

been sprinkled with tarragon vinegar and moistened with a little cream. Keep the dish in the refrigerator till the time of serving ; let very cold mayonnaise sauce accompany.

5. **Tomates farcis en salade.**—Scoop out the pulp and seeds of half a dozen medium-sized tomatoes, preserving the cases thus obtained as neatly as possible. Put these into the refrigerator. Shred salmon, lobster, crab, or prawns as if for salad in a bowl over ice in the manner just explained, blending with it the pulp and juice of the tomatoes mixed with a couple of tablespoonfuls of diluted aspic jelly. With this, as soon as it begins to get firm, fill the tomato cases, dressing the salad in dome shape ; mask with mayonnaise, sprinkle with chopped olives, garnish with greenery, serve very cold, and let mayonnaise sauce accompany, also very cold.

6. **Salade à la Mirabeau.**—Mix together half a pint of picked shrimps, nine oysters trimmed and blanched, six medium-sized cooked truffles sliced, and a pint measure of cold cooked potatoes cut into discs as if for *pommes de terre sautées*. Put into a cold salad

bowl, season, moisten with a little oil, and keep in the refrigerator till wanted, then dress with cold mayonnaise sauce, and serve garnished with a little garden cress.

7. **Salade Jockey Club.**—This is composed of cooked points of asparagus, and truffles cut into julienne strips, seasoned, and dressed with mayonnaise sauce.

8. **Salade d'Estrée.**—Cut a couple of heads of celery into pieces one and three-quarters of an inch long, split these lengthways but do not quite sever them, throw them into cold water, and they will curl naturally; drain them, dry them, put them into a bowl, season, and moisten them with a little oil. Slice up four good truffles that have been cooked in wine, and season them. Arrange the celery and truffles in a salad bowl, dress with mayonnaise sauce, and serve very cold.

9. If made with celeriac sliced in discs the salad becomes **Salade à la Rachel**.

10. **Salade Russe.**—At one time this was veritably a salad travestied in which meat, fish, caviare, pickles, truffles, *foie-gras*, and choice vegetables *en macédoine* were mingled together in horrible discord. Simplified as it

is to-day, it has become a mayonnaise of nicely cooked vegetables with which either meat or fish is blended. If the latter, which, of the two, perhaps, is more correctly called *à la Russe*, caviare can appear with propriety as part of the garnish. For the former Dubois recommends that cold chicken and cold tender fillet of beef should be cut into neat little squares, and that these should be seasoned, sprinkled with oil, capers, chopped gherkins, or pickled beetroot, mixed with a *salade de légumes*, and dressed with mayonnaise. When completed, he suggests that this be trimmed in dome shape in the centre of a dish garnished round with hard-boiled eggs, choice leaves of lettuce, watercress, etc. This salad must be served very cold. If made with fish follow the same procedure, merely substituting flaked fish for the meat.

11. **Salades mignons.**—These are best described as portions of *salade Russe* served in scallop shells, each being a portion for one.

12. **Winter salads.**—In the winter a nice series of salads can be made with cold cooked vegetables, either dressed with mayonnaise sauce or with plain oil and vinegar according

to taste. Cold haricot beans sprinkled with a little finely minced shallot, dressed with plain oil and vinegar, and finished with finely granulated hard-boiled egg, are very nice ; beetroot may be added or blanched red-cabbage pickle, as in this recipe :

13. **Potato salad.**—Blanch eight ounces of red-cabbage pickle in boiling water for ten minutes, drain and cool it ; put it into a bowl, add eight ounces of similarly blanched celery cut into dice, and blend with them a pint measure of cold cooked potatoes cut into half-inch squares ; sprinkle with a teaspoonful of finely minced shallot, season with black pepper and salt, and dress as described for plain salads with oil and vinegar dressing.



SECTION XI.

Savouries and Sandwiches.

To go minutely into the composition of even cold savouries would require much more space than can be allotted to the subject in a little work of this kind, for in respect of this speciality the possibilities of novelty and variety in the hands of a thoughtful cook are, practically speaking, without limit, and in themselves might easily be expanded sufficiently to fill a small volume. I think, therefore, that the best thing I can do is to specify the sort of equipment which will be found useful, and give a list of preparations which separately or in combination can be turned to account in savoury-making.

There is a great deal gained in having the

proper equipment, for it often happens that novelty and success in savouries can be attributed in a great measure to the dainty little moulds or neat cutters that have been used for them. Fortunately, these things are not expensive. Taking the former first, the cook should have sandwich, quenelle (or shell), plain and fluted *bouchée*, dariole, *bâteaux* (boat-shaped), and cutlet moulds, with patty pans and tartlet moulds—all small. The first named has nothing to do with sandwiches; it is only sandwich shaped, *i.e.* oblong and rectangular. Fluted and plain paste cutters in boxes, cutlet cutters, and vegetable cutters. A six-inch Wedgwood mortar and pestle, a hair sieve, and a forcing bag and three pipes in sizes. Then china cases, china or silver coquilles, or little silver stewpans (*casseroles*) with handles come in most handily for the service of some savouries.

The preparations to be recommended are: Fancy butters, *purées* of game, chicken, fish, ham, and vegetables, portions of galantines, *pains* and *crèmes*, potted meats and fish, and hard-boiled eggs.

Among preserved things we have *foie gras*,

smoked salmon, caviare, anchovies in oil, Norwegian anchovies, potted char, lax, roes of fish, sardines, tunny, and filleted herrings, Brunswick, Bologna, and German sausage (the last well made now in England), etc., etc.

The use of colourings other than scarlet or shell pink, procured from lobster shells and coral, prawn and crawfish shells, and tomato pulp; green from spinach, watercress, or parsley juices; yellow from hard-boiled yolks, or turmeric if the composition be oriental; and brown from caramel, walnut, or mushroom is not to be encouraged. These can all be made at home. Do not spoil good, wholesome-looking food with ready-made pigments; a *purée*, cream, or paste of fish, for instance, is not improved by being stained a deep beet-root colour.

1. **Fancy butters** are varied easily enough by using different flavourings and natural colouring. **Montpellier butter**—the original one propounded by Gouffé—may be modified as follows: Pick, wash, dry, and blanch a good handful of mixed chervil, watercress, and tarragon (the last in small quantity); keep in boiling water two or three minutes, then drain,

press out the water, and pound the leaves with one hard-boiled yolk of egg, six fillets of anchovies, and a teaspoonful of capers; pass this through a hair sieve, and blend it with a quarter of a pound of butter which should be softened in a small bowl set in warm water to the consistence of Devonshire cream. When well blended the mixture should be a nice pale green. Now set the bowl over ice or in a cold larder, and when it gets firm shape the butter as may be desired with a butter bat and print. For the purpose of neat decoration green butter should be put into the forcing bag while in the soft condition, and pressed through the pipe over or round the savoury, which should be set in the refrigerator for the butter to harden after the process. Parsley can be employed for greening if blanched from seven to eight minutes, the leaf being tougher than cress or spinach. Drain, pound, and pass the pulp through a hair sieve. It is not advisable to make any green butter much darker than apple green, so when composing one add the greening by degrees.

2. **Ravigote butter.**—A good handful of the

herbs mentioned for No. 5, page 18, should be blanched till tender, and then prepared with a quarter of a pound of butter as just described for Montpellier butter, without the egg and anchovies, but with the capers.

3. **Maître d'hôtel butter.**—Tint the butter with parsley greening, and sharpen it with lemon juice.

4. **Anchovy butter.**—Omit the hard-boiled yolk, and proceed as for Montpellier butter. Greening may or may not be used, according to circumstances; that extracted from spinach or watercress is the best.

5. **Beurre rouge, or Lobster butter.**—Pound the shells and slender feelers of a cooked lobster with a couple of ounces of butter as finely as possible, adding the coral of one if available, and seasoning of pepper and salt. As you go on add two ounces more butter. When well pounded empty the contents of the mortar into an earthenware casserole or small stewpan, and stir well over a low fire till the butter reddens and gets clear. Now pass the melted butter through a fine hair sieve into a bowl containing iced water, so that as it drops it may congeal on the surface

of the water. Skim this off, melt it again in a warm bowl with four ounces of fresh butter, and then work it about with a wooden spoon over ice or in a cold larder while it grows firm by degrees and of a good colour.

Note.—This process may be applied to all shell-fish, a little lobster coral being used to heighten the colour when necessary. Moreover, the flesh can be mingled with the butter in this way: Pick a dozen fine prawns or a half-pint of shrimps, pound the shells, heads included, with two ounces of butter, and finish in the manner described for lobster butter. Pound the picked flesh also with two ounces of butter as finely as possible, pass this through a hair sieve, then add the butter drawn from the shells, and set it to get firm in a cold larder or over ice. A slight seasoning of mace is generally considered desirable with this.

6. **Herring and mackerel roe butter.**—This is a useful variety of butter for savouries. Pound the cooked soft roes of either fish with an equal weight of butter and a tea-spoonful of capers or minced gherkins for each quarter

of a pound. Pass through a hair sieve, season with salt and Nepaul pepper, and keep in a cold larder till wanted.

Instructions have been given already for the preparation of gelatinated *purées* of various kinds, and among the garnishes several things will be found that can be used in making savouries (pages 47 to 61). Neat patterns can be stamped out of sliced *crèmes*, *pains*, and *galantines*, associated with a fancy butter, masked if desired, and dished in the form of *canapés*. The better sorts of forcemeats, poached in tiny moulds, may be similarly served. Curried farce, page 130, and Cingalese, page 147, are to be specially recommended. Ideas can easily be arrived at if the sections on *entrées*, vegetables, and salads are carefully considered. Indeed, many of the nicest savouries may be called *entrées* in miniature, for what nicer *bonne-bouche* could be wished for than a small *fond d'artichaut* laid upon a round *canapé* or *croûte* spread with *Montpellier* butter, and masked with *Hollandaise à la Béarnaise*—served very cold?

7. **Canapés.**—The proper size for a *canapé* may be given as follows: Out of a slice of bread

a day old, a quarter of an inch thick, cut an oblong two and a half inches long and one and a half across; or stamp out rounds one and three-quarters of an inch in diameter. Fry these a golden yellow in clarified butter, over a fast fire, turning them about in a sauté-pan till the desired tint is obtained. Lay them out on a joint dish in a cold larder, and use as required. When cut round or oval these are often called *croûtes*.

8. **Croûtes creuses.**—The bread for these must be a day old, that of a sandwich loaf for choice. Cut it in slices five-eighths of an inch thick, and out of these stamp rounds two inches in diameter with a plain cutter. Next, with a one and a half inch cutter, stamp an inner circle, pressing it into the bread three-eighths of an inch deep, and leaving a quarter of an inch margin all round. Fry the rounds in clarified butter as in the foregoing case, and when of the right colour take them out, cool, and using a small pointed knife, scoop out the centre of each round as marked by the inner ring. This will come away quite easily, leaving a hollow case to be filled with any savoury mixture, which

should be arranged in dome shape neatly and garnished tastefully.

9. **Croustade cases, bouchées, petits bateaux,** etc., are described in Section III., page 53.

Sandwiches.

Whether upon the supper buffet, or in the picnic basket, a place must be reserved as a matter of course for sandwiches. Always welcome on account of their handiness and the ease with which they can be eaten, sandwiches deserve our best attention. If really well made they never fail to be appreciated, and a very little attention will insure this, for the rules are simple. They can be prepared, moreover, with numerous ingredients and in great variety, as the following *résumé* will show:

New spongy bread is of no use whatever for this branch of work. A close-grained bread is now specially made for the purpose, and this should be at least a day old. In this condition it can be cut thin with a smooth surface and clean edges. A very sharp carving knife is required for the operation. An eighth of an inch is about the proper thickness.

Use the best butter and be liberal with it, not only on account of the good effect it produces in respect of the combination, but also because it is answerable for the close adhesion of the bread to the preparation it encloses. Remember the so-called sandwich of the railway refreshment room: a triangular affair of bread a quarter of an inch thick or more, with scarcely a scraping of butter and some slices of dry weather-beaten meat which refuse to have any connection whatever with the bread! These things are generally placed on a dish under a glass cover. They should be preserved in that state to illustrate what a sandwich ought *not* to be.

Purées of game: pheasant, partridges, grouse, hare, etc., in which the pounded or finely minced meat is moistened to paste with a strong gelatinous *fumet* extracted from their bones and trimmings (page 155) and set in a cold place till firm, form excellent materials for sandwiches. They should be worked up with butter and spread on the bread in the usual way.

Good home-made potted fish, ham, tongue, pressed beef, or game may be used in the same way.

Chicken or turkey may be cut into julienne-like strips, and arranged with an equal quantity of ham, tongue, or *foie gras* similarly cut between slices of bread spread with *ravigote* butter. Green, and flavoured butters, judiciously selected, are of great value in sandwich making.

Sliced *galantine*, *pains*, or *crèmes*, whether of meat, fowl, fish, or game, make excellent sandwiches.

Sandwiches of *foie gras* may be composed either with strips of the *foie gras*, or with remnants of a *pâté* pounded with butter to a smooth paste.

The forcemeats given in Section IV. (pages 76 to 79), and especially the curried forcemeat, page 130, steamed in a plain charlotte mould according to the recipe recorded, page 97, allowed to get cold, and sliced, can be used for sandwiches with good effect. Also the following :

Shredded or grated ham, tongue, or pressed beef associated with very thinly sliced fat of ham, tongue, or pressed beef, as the case may be.

Purées of shell-fish and salmon mixed with a little gelatinated Hollandaise sauce.

Purées of smoked salmon, lax, anchovies, Norwegian anchovies, dried haddock, or bloaters, softened by Hollandaise and a little cream, or pounded hard-boiled eggs and plenty of butter.

Fillets of anchovies or lax laid upon bread spread with *Montpellier* butter with strips of cucumber or minced olives between them.

Salmon or shell-fish shredded, set in gelatinated mayonnaise sauce, with finely shred lettuce and garden cress scattered over the surface of the mixture before closing the sandwich.

The same set in lobster, shrimp, prawn or crab butter.

Caviare with a sprinkling of lemon juice and seasoning of Nepaul pepper laid upon bread spread with *maître d'hôtel* butter.

Mock crab, made according to the recipe, page 150.

Gruyère or cheddar shredded finely into a mortar and pounded with an equal weight of butter, a tea-spoonful of good vinegar and one of made mustard to every two ounces of cheese, with a seasoning of salt, black pepper, and a little Nepaul pepper.

Hard-boiled eggs crushed in a mortar with an equal weight of butter ; a dessert-spoonful of finely minced parsley and chives with a tea-spoonful of vinegar being added for every three eggs, and a seasoning of salt and Nepaul pepper. Or, sharpened with a tea-spoonful of minced capers instead of vinegar, and flavoured with chervil and strips of cucumber. A table-spoonful of grated ham, beef, or shredded lax, with the pounded eggs, is a third variety; while chopped anchovies or sardines with garden cress give another.

The seasoning of sandwiches depends to a great extent upon their component parts, which, in most of the instances I have given, are already seasoned. The best for ordinary use is seasoning (*c*), page 66, or (*d*), page 67, for oriental composition. Nepaul pepper is the best hot pepper.

The most useful condiments and accessories are plain mustard, French mustard, horseradish mustard, chutney, vinegar, capers, gherkins, red-cabbage pickle in small quantities, green chillies and capsicums also in small quantities and pounded if possible, and olives.

Cold curry sandwich—excellent for the picnic basket.—Take the meat of a cold curry, cut it up, and pass it through the mincing machine. Bring the mince to the consistence of smooth paste by adding any of the cold curry sauce that may remain, and a little butter. Use this for sandwiches as you would potted meat.

It will be seen from these notes that with a little trouble sandwich-making may be considerably developed, and that variety need never be looked upon as difficult.



SECTION XII.

Sweets and Wine Cups.

FOR upwards of a generation the selection of sweet dishes for suppers appears to have been limited to jellies, creams, *blanc-mangers*, *meringues*, and assorted pastry, with perhaps a trifle or a charlotte. There is nothing to be said, of course, against these things if care be taken to have them properly made with strict attention to their flavours which should be certainly modernised. At the same time there are several very nice dishes, quite as easily made, which are not seen so often.

1. Taking **Jellies** first.—By far the best of these are made of clarified fruit syrups assisted with a liqueur in harmony with the flavour selected. The time-honoured production com-

posed of gelatine, water, sugar, and lemon peel, tinted and clarified so as to look like stained glass, set in a mould elaborately *repoussé*, and but for a sickly indication of sherry or liqueur perfectly tasteless—pretty enough as a table ornament—is absolutely worthless as an edible dish. Transparency is without doubt an attractive feature in a jelly, but the effect should not be gained at the cost of flavour. Here are a few combinations which have been found successful :

- i. Pineapple syrup with rum or punch.
- ii. Orange syrup with curaçoa or anaconda.
- iii. Raspberry syrup with claret.
- iv. Apricot syrup with abricotina, or kümmel.
- v. Strawberry syrup with maraschino.
- vi. Red-currant syrup with Benedictine.
- vii. Black-currant syrup with sloe gin, or cassis.
- viii. Prune syrup with cherry brandy.
- ix. Quince syrup with Chartreuse.
- x. Apple syrup with whisky.
- xi. Cherry syrup with kirsch.
- xii. Blackberry or mulberry syrup with cognac.

Notes.—(1) Liqueur or wine should not be added until clarification and filtration have been carried out. (2) Fruit garnish of the kind indicated, fresh or preserved according to

the time of year, should be introduced if possible. (3) Ripe bananas cut into discs the size of a shilling and an eighth of an inch thick arranged in a circle overlapping each other make a good garnish and go well with any jelly. (4) I recommend the use of border or cylinder moulds of as plain a pattern as possible, so as to show the imbedded fruit clearly, rather than the richly embossed and fluted "shapes" usually employed. (5) Whipped cream in the hollow of the border is always a welcome accompaniment.

2. Rose and violet jellies.—The flavour of roses or violets can be communicated to a jelly in the following manner: Pick a handful of fresh violets without stalks, or take the same quantity of rose petals highly scented, such as "*La France*," the tea-scented are too delicate. Put them into a bowl and pour over them half a pint of boiling clarified syrup, cover the bowl and let the flowers macerate for half an hour, then strain the perfumed syrup into a pint and a half of clarified gelatinated syrup, and add four table-spoonfuls of old cognac with a few drops of lemon juice, setting in the usual manner.

3. **Pains.**—A very excellent variety of jelly is made with a purée or thick syrup of fruit set with gelatine, flavoured or not according to taste with liqueur, wine, or spirit. These of course, being served opaque, are not clarified. French cooks call them *pains*, a term also applied, as may be remembered, to consolidated purées in savoury cookery. The combinations given for jellies can be carried out in respect of *pains*: for an uncommon one the following may be noted:

4. **Pain de marrons à la Béotie.**—Line a plain dome-shaped mould with maraschino jelly (process given page 175), decorating it with crystallised fruits if liked, and fill it with the following: Make a pint of purée of chestnuts, sweeten it, stir in four table-spoonfuls of maraschino and half a pint of syrup flavoured with vanilla strongly gelatinated with an ounce and a quarter of gelatine; work this well in a bowl over ice adding a gill of whipped cream, and use. Leave the mould in ice for at least an hour before turning out the *pain*. Note: Although the purée in this instance is set within a jelly lining, it is not usual, most *pains* being set plainly on their own merits.

5. **Chaud-froid of fruit.**—Of this one example will suffice: **Chaud-froid de fruits à la Créole.**—Make a pint and a half of punch jelly, flavouring it well either with milk punch or rum with both orange and lemon zest and juice. With this fill a pint border mould, which should be decorated with a ring of little discs of bananas arranged overlapping each other. Put this into the refrigerator to set, and pour the remaining half pint of jelly into a bowl set over ice; whisk into it two gills of whipped cream, and half a pint measure of preserved pineapple cut into quarter inch squares or shredded. With this preparation fill the centre of the border of jelly after the latter has been turned out. Keep the whole in the refrigerator till it is required, and just before serving scatter crystallised cherries over the surface of the creamy garnish. It is clear that, following this example, various chauds-froids can be worked out.

6. **Chartreuse of fruit.**—This may be described as a mixture of fruit set in a purée or marmalade of some other fruit, or, in other words, in a *pain de fruits*. Apple purée or *marmelade de pommes* is a reliable setting, apricot

purée another. These can be made with preserved fruit. Stew the fruit in syrup gently until it assumes the condition of pulp, adding an ounce of dissolved gelatine for a pint ; pass this through a hair sieve, and flavour it with liqueur or rum. Line a plain mould with wetted paper and fill it with nice pieces of fruit in layers, setting each layer with the purée. Let this rest in the refrigerator. If arranged in a border mould the centre can be filled with whipped cream.

7. **Creams.**—Little advice is needed, I think, about creams, but one may be selected as an illustration of the best system: **Crème à la Monastère.** Make a rich custard with a pint of cold boiled milk, seven yolks of eggs, eight ounces of sugar, blending with it while hot an ounce and a half of dissolved gelatine ; pass the mixture through a hair sieve into a bowl over ice, or in a cold place, and gently whisk it ; as it becomes slightly firm blend with it half a pint of whipped cream and, drop by drop, a sherry-glass of Benedictine. Dip a quart mould in water, and then fill it with the mixture, shaking it well home. Set this in ice until it is required, when turn out the

cream in the usual way. Here are a few selections:

- i. *à la Turque*: with coffee.
- ii. *abricotée*: with finely shredded apricot and abricotina.
- iii. *framboisée*: with raspberry and cognac.
- iv. *à la Créole*: with pineapple shredded and rum.
- v. *pralinée*: with powdered praline and noyau.
- vi. *au caramel*: with powdered caramel.
- vii. *à la Polonaise*: with pistachio purée and kirsch.
- viii. *à la Victoria*: with strawberry and maraschino.
- ix. *à la Seville*: with orange and curaçoa.
- x. *à la Sicilienne*: with chocolate and crème de vanille.

8. **Bavaroises**.—Originally *bavaroises* were fruit creams set in dome-shaped moulds lined with jelly, but the more modern form of making them is to whip the fruit syrup and cream together—the former, strongly gelatinated and flavoured, should be strained into a bowl over ice and gently whipped; when it becomes about as thick as batter firmly whipped cream should be incorporated with it, and after this the mixture, put into a mould, should be set in ice for an hour. The proportions may be taken as follows:—**Bavaroise aux fraises**: a pint of

strawberry purée, a pint of syrup with which a couple of ounces of gelatine have been blended, and five gills of cream stiffly whipped.

9. **Charlottes.**—These in their modern form are less troublesome than of old, being simply whipped cream, flavoured in many ways, served within an open cake case, the cream piled well above the margin of the case and garnished with minced crystallised cherries, angelica, pistachio nuts, or other suitable fruit scattered over its surface; a band of inch satin ribbon is sometimes passed round the outside of the case and tied in a bow. Or the case is brushed over with apricot glaze and finished with chopped pistachio nuts or crumbled praline nougat or caramel. For a selection of flavourings see creams, No. 7.

10. Many good puddings made in the style of cabinet pudding can be served cold as effectively as when hot, caramel pudding (*crème brûlée*), for instance. One of the best cold puddings, perhaps, is **Riz à l'Impératrice**, which may be described as a rich vanilla cream into which, when it is beginning to set, grains of Carolina rice, which have been well cooked in milk, and chopped crystallised fruits are stirred ;

the rice should be well scattered, not in large quantity, say a breakfast cupful of the *boiled* grains for a pint and a half mould of cream ; mix this in by degrees with a fork. The fruit may have been marinaded with a little liqueur.

11. **Sauces for cold puddings.**—The best are those which are made of fruit syrups, slightly sharpened with lemon juice, and flavoured with the liqueur used in the pudding. A popular one is called **Sauce Mousseuse**, which may be described as a good custard, nicely flavoured, well whisked over ice till frothy, and finished with an equal quantity of whipped cream. Chocolate, caramel, and praline custards make nice sauces when thus whipped with cream.

12. **Compotes and salades** of fruit.—These are quite the most useful of dishes for every kind of supper, and for picnics. They can be made of fresh fruit or preserved, of one variety or mixed, and fresh fruit can be blended with preserved. The chief point is the syrup, which must be clear, not too thick, and nicely flavoured, usually with spirit liqueur or wine.

13. **Clarified syrup.**—For a quart of syrup weigh two pounds of loaf sugar, crush it rather

small, put it into a tinned stewpan and moisten it with five gills of lukewarm water ; melt the sugar with this, and then set the vessel on the fire, bring the syrup to the boil, let it boil for five minutes, and then put into it the fleshy part of two large or three small lemons, carefully excluding skin, pith, and pips. Now draw the vessel to the side of the fire, and only permit boiling at its edge ; the liquid will gradually become clear ; skim it with great care and strain it through a hair sieve. Clarified fruit syrup as prepared for jellies, without gelatine, may be blended with this. The liqueur wine or spirit should be added with the fruit of which the compote or salad is composed. Here are a few combinations for *compotes* :

1. Peaches or strawberries with maraschino.
2. Greengages with benedictine.
3. Green figs with kirsch.
4. Prunes with cherry brandy.
5. Apricots with noyau or abricotina.
6. Cherries or raspberries with kirsch.
7. Pineapple with rum or punch.
8. Bananas with orange zest and cognac.
9. Oranges with curaoa.
10. Apples and pears with rum or whisky.

Note.—**The compote à la Prince de Galles**

consists of a fruit compote made very cold over ice and smothered just before serving with cream ice of any suitable kind.

14. **Salades**—also called **macédoines** of fruit—are made of a mixed assortment of fruit moistened with very clear liqueur-flavoured syrup. The variety may be much diversified. Grapes should have their seeds removed, cherries and plums should be stoned, peaches, nectarines and apricots skinned and cut into half-inch slices, pineapple in half-inch squares, bananas in neat quarter-inch discs, oranges in natural quarterings with their pips removed, melon in three-quarter-inch squares, etc., etc.

15. **Fruits frappés au champagne**.—For this choose a nice assortment of fruit, lay it out on a dish over ice and baste it with cold clarified syrup flavoured with liqueur. Owing to the cold this process will glaze the fruit. At the time of serving arrange the fruit in a very cold china or silver bowl, and then iced champagne sufficient in quantity to moisten it well should be poured gently into the dish at the side without disturbing the fruit.

Note.—All *compotes* and *salades* should be served as cold as possible; cream may be at

hand for those who like it as an accompaniment. As great cold often cracks glass I recommend that these dishes be served in china or silver bowls. A nice fruit *salade* seems very attractive in an old china bowl. For ball suppers old-fashioned soup tureens come in usefully for this purpose.

Wine Cups.

A good wine cup is as acceptable at a winter ball as at a summer picnic. It too often happens however that, made in accordance with some old-fashioned recipe, the concoction is spoilt with sugar, spice, and over-flavouring of leaves, cucumber, zests, etc. To satisfy modern taste both sugar and spice should be omitted, while such flavouring as is communicated by borage, mint, cucumber, lemon peel, etc., should be very delicate. To effect this the ingredients selected should not be permitted to remain in the wine for more than ten minutes, after which the latter should be strained off into another jug, and completed by the addition of the soda or seltzer-water.

As a matter of fact, the simplest "brews" are the best. For instance, there can be no

better cooling drink made than well-iced hock and seltzer-water without liqueur, or any adjunct whatever. The practice of "lacing" cups with liqueurs, spirits, and fortified wines, is dangerous. In skilful hands its effect may be depended upon of course. There can be no doubt that a little curaoa improves a cider cup, and that chablis and sauternes cups are assisted by kirsch, benedictine, chartreuse, etc.

A cup to which a small allowance of angostura, peach, or orange bitters has been added satisfies the thirst, while sugar increases it. A slight sharpness produced by lemon, orange, and in summer of red or white currant juice, very judiciously regulated, is often pleasant and refreshing.

The good effect created by mixing ripe fruit with cooling drinks was, I think, an American discovery. Shredded pineapple, sliced melon, peaches, or nectarines, and strawberries cut into quarters, can be used efficaciously in this manner.

The petals of a cabbage-rose may be scattered into a light white wine cup as a novelty with good effect.

The wine soda or seltzer-water used for a

cup should be thoroughly well iced ; lumps of ice should not be put into the cup. All cups should be very cold.

The selection of wines for cups requires judgment. No one, of course, would think of using vintage wines for such a purpose, still, care should be taken not to poison people with trash by following the pernicious doctrine that "anything will do for cup." Ordinary Bordeaux are nowadays so freely blended with Spanish, Italian, and even Colonial red wines, that it is as well to choose for cup-making a good Rioja, Chianti, or Australian red wine of the claret type in an unsophisticated state. Of the Burgundies, Macon Beaune or Beaujolais may be selected. The less expensive Rhine wines, and the French sauternes and chablis, make excellent cups ; a still moselle, say Zeltingen, is especially nice. For champagne or moselle cups a sound wine can always be obtained from a reliable wine merchant,—if he be frankly consulted,—without risk of mistake.

For balls, receptions, and picnics, the proportion of two bottles of soda-water to one of champagne or moselle ; and three bottles of soda-water to two of any light still wine may

be accepted as trustworthy; but for the Sunday supper, which takes the place of a regular meal, one bottle of soda to one of champagne or other wine should be allowed. The allowance of liqueur or spirit should not exceed a liqueur glass to three pints of liquid. Sherry ought not to be blended with claret or any red wine; cherry brandy, kirsch, cognac, or cassis, is better. For a bottle of cider or perry allow a bottle of soda or seltzer-water and a liqueur glass of curaçoa.

The allowance of flavouring leaves, etc., may be regulated as follows: for a bottle of wine and one of soda, a sprig of borage and the finely peeled rind of half a lemon without any pith; *or* a dessert-spoonful of cucumber peelings and the lemon; *or* ten mint leaves and the lemon. Orange zest may be given instead of lemon, especially when curaçoa is used for the liqueur. An infusion of ten minutes is enough to impart the desired flavour. A mixture of leaves is a mistake.

Beer cup is by no means to be despised at a picnic lunch: one bottle of beer, one bottle of soda-water, a sherry glass of ginger wine, and a choice of leaves just mentioned, with a squeeze

of lemon. The mixture of beer and ginger beer is, of course, well known, an improvement being possible by substituting a pint bottle of cider for the ginger beer. Better still is the cup made of one bottle of beer and one of sparkling Saumur. A bottle of stout with one of moselle is another variety. "Three-pint cup" is made with a pint each of champagne, claret and cider, and "soda cup," in which soda-water is conspicuous by its absence, of a bottle each of claret and champagne. Nevertheless, those who like a milder drink can add soda-water at discretion, as well as to the preceding cups in which it has been omitted.

Excellent drinks are made by mixing water ices with soda or seltzer-water, and adding a glass of liqueur with a little lemon juice to qualify the sweetness; a tumblerful of water ice, a sherry glass of liqueur, a dessert-spoonful of lemon juice, and a bottle of soda or seltzer. Lemon and orange-water ices marry well with milk punch or curaoa, cherry water with kirsch, strawberry with maraschino, currant with benedictine, raspberry with cherry brandy, etc. If time permit these mixtures may be sipped through straws.



APPENDIX.

SUPPER MENUS.

Ball suppers.—Speaking of supper entrées at the commencement of Section IX., I alluded to the practice followed by many caterers of inserting a number of made-dishes in their ball-supper menus, with a view apparently of expanding and giving the idea of profusion to them, for it rarely happens that any special merit can be claimed for the dishes themselves. I took exception to the practice as a waste of time and money, and gave my opinion that the fewer we saw of these so-called entrées the better. These remarks were based upon a somewhat mature experience of the taste of those for whom ball suppers are provided.

The popular dishes may be very briefly summed up: Turkey, poultry, game, ham, tongue, *pâté de foie-gras*, and plovers' eggs (when in season) in the first rank, galantines and raised pies, if well made, in the second, while entrées—pretty tasteless little things in aspic and tinted maskings—tried perhaps by a few who know no better, are, as a rule, played with and wasted.

The fact is that people who know what good food ought to be are no longer attracted by mere appearance. They know the caterer's *tours de force* by heart, meet them wherever they go, and wisely confine their choice to things concerning the merits of which there can be no question.

I have before me as I write three specimen ball-supper menus published by a good catering establishment in three gradations of cost. Of these the least expensive is certainly the best. It provides simple standard food, and is not inflated with paltry uninteresting made-dishes. If each thing mentioned were of the best quality, well prepared and served, the supper would be quite worth the price fixed, and with a few alterations might suffice for any occasion. The other two, having done duty for many years unaltered, require complete reconstruction and modernising. It is high time, for instance, to banish for ever the barbaric pheasant pie "*en plumage*"!

The process of composing a ball-supper menu may be thus exemplified: First lay down the foundation of "sideboard meats" (Section VI.) according to the season—the turkeys or poultry, hams, tongues, game, galantines, and raised pies; then introduce a few *spécialités*, choosing game *pâtés* or *terrines* (p. 152), *pains* of game or poultry; *pâtés* or *pains de foie-gras*; and *crèmes* or *mousselines* of chicken or game. As regards fish, instead of prepared *mayonnaises* and salads and perpetual aspics of shell-fish, choose a raised pie of salmon or of other fish (page 164); fillets of fish or shell-fish set in good jellied sauces; *mousses*

of lobster and creams or *pains* of fish, etc., as described in Section VII. Have *mayonnaise* sauce (*ravigote*, *au raifort*, or *tartare*) in silver boats very cold for those who want it.

As for *entremets sucrés*, set aside the stereotyped "sherry jelly," "macédoine in jelly," "assorted pastry," *gâteaux*, etc., and substitute such dishes as very cold *salades* and *compotes* of fruit made with the clearest syrup, very distinctly flavoured; *compotes à la Prince de Galles* with cream ice laid over the fruit; jellies of marked character, say kirsch jelly with cherries, punch jelly with pineapple, or benedictine jelly with muscat grapes; *chartreuses* and *pains* of fruit with cream; *savarins* set in border moulds tipsified with benedictine rum or kirsch with their centres filled with whipped cream; *riz à l'Impératrice*, or charlottes with flavourings rather less hackneyed than usually given, such as praline chestnut caramel or pistache.

Finally, let the menu itself be short. A few things—each quite sufficient in quantity for the party—of the best quality, very carefully prepared in the matter of flavouring, and served as I have endeavoured to advocate in the course of this little work without frippery and excessive ornamentation, will give greater satisfaction than a showy array of dishes, the majority of which do not, in point of edible value, rise above mediocrity. Let money be spent on the provision of good food, not wasted on its needless embellishment.

NOTE.—In the winter, oysters with their customary adjuncts form a very popular feature of a ball supper. They should have a little buffet to themselves, with a couple of competent men told off to open them.

Special suppers.—The menus for special supper parties which are given to a limited number of guests should be composed on the lines laid down for ball suppers. It is obvious, however, that on such occasions opportunity can be taken of introducing delicacies according to the season which can never be provided in sufficient quantity for gatherings of two or three hundred people, viz. :—Plovers' eggs, Périgord pies, truffled capons and poulards, *terrines* of quails or woodcocks and *foie gras*, *chauds-froids* of game truffled, hen turkeys *à la Parisienne* or *Bonsard*, galantines *à l'Indienne*, *ballotines* of ortolans or partridges, *coquilles* and *caisses de foie-gras*, etc. Then, if the supper be served at table at a fixed time, and all sit down together, mayonnaises and special salads can appear, and the choicest dishes of fish given in Section IV.—*Crème de homard à la Cingalèse* can be specially recommended. In addition to the selections suggested for ball suppers, iced *soufflés* and *mousses* may be given, with *fruits frappés au champagne*, and such delicate *compotes* as green figs with kirsch, or muscat grapes with benedictine. The menu of such a supper should be short, restricted to a few very nice things specially selected and particularly well cooked, garnished, and served.

Home suppers.—To these I have alluded two or three times under the title of "Sunday supper," because so many people have adopted that kind of meal instead of dinner in order to reduce the work of their servants as much as possible on Sunday. The field of choice in respect of suitable and economical dishes for such suppers is an extensive one, and I venture to hope

that a good many useful suggestions regarding them will be found in the various sections of this little book.

Soup (see Section I.), which merely requires heating up, gives very little trouble, and should be the prelude to every kind of supper.

NOTE.—Things which can be eaten without a knife and fork are generally appreciated at picnics and crowded suppers. For this purpose sandwiches carefully prepared according to the hints given in Section XI. and little puff-pastry rolls containing forcemeat of game, foie-gras, chicken, or curry can be recommended.

MENUS.

I.—FOR A BALL SUPPER IN SUMMER.

Consommé of Chicken and Veal.

(*Consommé de volaille.*)

Salmon, sauce ravigote.

Lobsters, sauce vinaigrette.

(*Tronçons de saumon, sauce ravigote.*) (*Homards à la vinaigrette.*)

Turkey Poults and Capons farcis.

(*Dindonneaux et chapons farcis.*)

Braised Hams.

(*Jambons braisés.*)

Ballotines of Ducklings.

Creams of Chicken.

(*Ballotines de canetons.*)

(*Crèmes de volaille.*)

Terrines of Pigeons and Quails.

(*Terrines de pigeons et cailles.*)

Venison Pasties.

(*Pâtés de venaison.*)

Moulds of Foie-gras.

Braised Tongues.

(*Pains de foie-gras.*)

(*Langues de bœuf braisées.*)

Galantine of Saddle of Lamb.

(*Galantine de selle d'agneau.*)

Compotes of Strawberries or Peaches, with maraschino.

(*Compotes de fraises ou pêches au marasquin.*)

Salads of Fruit.

(Salades de fruits.)

Charlottes with Praline Cream.

(Charlottes pralinées.)

Moulds of Raspberries.

(Pains framboisés.)

Kirsch Jellies with Cherries.

(Gelées au kirsch.)

Little Iced Caramel Soufflés, in cases.

(Biscuits glacés en caisses, au caramel.)

2.—FOR A BALL SUPPER IN WINTER.

Beef Broth.

(Bouillon.)

Moulds of Oysters.

(Pains d'huîtres.)

Creams of Shrimps.

(Crèmes de crevettes.)

Turkeys, stuffed with Chestnuts or Pine Kernels.

(Dindons farcis aux marrons ou pignons.)

Terrines of Hare.

Raised Pies of Game.

*(Terrines de lièvre.)**(Pâtés de gibier.)*

Braised Hams.

(Jambons braisés.)

Moulds of Pheasants.

(Pains de faisans.)

Boudins of Chicken and Foie-gras.

(Boudins de volaille et foie-gras.)

Galantine of Boar's Head.

(Galantine de tête de porc.)

Braised Tongues.

(Langues de bœuf braisées.)

Ballotines of Larks.

(Ballotines de mauviettes.)

Moulds of Chestnuts.

(Pains de marrons.)

Punch Jellies with Pineapple.

(Gelées à la Créole.)

Compote of Prunes with Cherry Brandy.

(Compote de pruneaux.)

Chartreuses of Fruit.

(Chartreuses de fruits.)

Chocolate Creams with Vanilla.

(Crèmes à la Sicilienne.)

Neapolitan Ices.

(Glaces à la Napolitaine.)

Note.—These Ball Supper Menus may be considered sufficient—in so far as the variety of the dishes are concerned—for the largest party. It need scarcely be pointed out that there should be enough of each thing to meet the requirements of the number catered for.

Two or three of the savoury dishes, and a couple of the sweet entremets can be struck out for gatherings of one hundred or one hundred and fifty people, while a further reduction can be made for smaller parties.

3.—FOR SPECIAL SUPPER, EARLY SUMMER.

Chicken Consommé.

(*Consommé de volaille.*)

Lobster Cream à la Cingalèse. Raised Pie of Salmon Truffled.

(*Crème de homard Cingalèse.*) (*Pâté de saumon truffé.*)

Terrines of Pigeon and Sweetbreads.

(*Terrines de pigeons et ris de veau.*)

Galantines of Ducklings stuffed à la Dubois.

(*Galantines de canetons farcis à la Dubois.*)

Capons à la Parisienne. Ham braised with Chablis.

(*Chapons à la Parisienne.*) (*Jambon braisé au chablis.*)

Creams of Green Peas. Plovers' Eggs with Asparagus Points.

(*Crèmes de pois verts.*) (*Œufs de vanneau aux pointes d'asperges.*)

Chauds-froids of ballotines of Quails.

(*Chauds-froids de ballotines de cailles.*)

Strawberry Compotes with Cream Ice.

(*Compotes de fraises à la Prince de Galles.*)

Savarins with Rum and Whipped Cream.

(*Savarins au rhum et crème fouettée.*)

Moulds of Cherries. Benedictine Creams.

(*Pains de cerises.*) (*Crème à la monastère.*)

Iced Coffee Soufflés in cases.

(*Biscuits glacés au café.*)

4.—SPECIAL SUPPER, LATE SUMMER.

Clear Mulligatunny.

(*Consommé à l'Indienne.*)

Salmon Trout with Jelly. Mousselines of Red Mullet.

(*Truite saumonée à la gelée.*) (*Mousselines de rougets.*)

Sauce Mayonnaise with Horseradish.

(*Sauce mayonnaise au raifort.*)

Turkey Poults à la Bonsard.

(*Dindonneaux à la Bonsard.*)

- Tongues braised with Madeira. Green Peas with Cream.
(Langues braisées au Madère.) *(Petits pois froids à la crème.)*
 Moulds of Foies-gras truffled.
(Pains de foies-gras truffés.)
 Noisettes of Venison, larded, with Meat Jelly.
(Noisettes de venaison piquées au gelée de viande.)
 Salads of mixed Fruits, iced, with Champagne.
(Fruits frappés au champagne.)
 Bavaroises with Mulberries. Compotes of Figs with Kirsch.
(Bavaroises aux mûres.) *(Compotes de figues au kirsch.)*
 Coffee Charlottes. Rice à l'Impératrice.
(Charlottes à la Turque.) *(Ris à l'Impératrice.)*
 Iced Soufflés with Pineapple.
(Soufflés glacés à l'ananas.)

5.—SPECIAL SUPPER, EARLY WINTER.

Oysters.

(Huîtres au naturel.)

Clear Mock Turtle.

(Potage à la tortue clair.)

Buisson of Paupiettes of Soles.

(Buisson de paupiettes de soles.)

Quenelles of Smelts packed with Shrimps.

(Quenelles d'éperlans fourées aux crevettes.)

(Sauce Lyonnaise.)

Hen Turkeys à l'Ivoire, truffled.

(Dindes à l'Ivoire, truffées.)

Ham braised with Madeira.

(Jambon braisé au Madère.)

Boned Pheasants stuffed à la Wyvern.

(Faisans désossés farcis à la Wyvern.)

Creams of Jerusalem Artichokes.

(Crèmes de topinambours.)

Snipe in cases with Game Jelly.

(Petites caisses de bécassines à la gelée de gibier.)

(Terrines of Wild Ducks and Foie-gras.

(Terrines de canards sauvages et foie-gras.)

Calf's Head "en tortue" moulded.

(Tête de veau en tortue moulée.)

Chartreuses de Fruits.

(Chartreuses de fruits.)

Apple Jellies with Curaçoa.

(Gelées de pommes au curaçoa.)

Moulds of Chestnuts à la Béotie.

(*Pains de marrons à la Béotie.*)

Babas with Kirsch and Figs.

Charlottes with Pistachio Nuts.

(*Babas au kirsch à la Smyrne.*)

(*Charlottes aux pistaches.*)

Mandarin Oranges, Iced.

(*Mandarines glacées.*)

6.—SPECIAL SUPPER, LATE WINTER.

Oysters.

(*Huîtres au naturel.*)

Creams of Filets of Soles.

Moulds of Shellfish.

(*Crèmes de filets de soles au bain-marie.*)

(*Pains de coquillage.*)

(*Sauce Tartare.*)

Boned Hen Turkeys farced à la Chasseur.

(*Dindes désossées à la chasseur.*)

Moulds of Woodcocks truffled.

Terrines of mixed Game.

(*Pains de bécasses truffés.*)

(*Terrines de gibier.*)

Galantine of Sucking Pig stuffed with Pine Kernels.

(*Galantine de cochon de lait farcie aux pignons.*)

Ballotines of Chicken with Curried Farce.

(*Ballotines de volaille à l'Indienne.*)

Salad of Japanese Artichokes.

(*Stachys Japonais à la crème.*)

Suprême of Pheasants as Chaud-froid.

(*Suprême de faisans en chaud-froid.*)

Chauds-froids of Fruit with Punch.

(*Chauds-froids à la Créole.*)

Moulds of Prunes with Cherry Brandy.

(*Pains de pruneaux.*)

Pistachio Creams with Kirsch.

(*Crèmes à la Polonaise.*)

Bavaoises with Filbert Cream and Benedictine.

(*Bavaoises au crème de noisettes et Benedictine.*)

Chocolate Mousses (Ice).

(*Mousses au chocolat.*)

Note.—The Menus for Special Suppers can be reduced according to circumstances. From two to three savoury dishes and two or three *entremets sucrés* can well be spared in the case of small parties.

SUNDAY SUPPERS.

Directions for the composition of the dishes suggested for these little suppers will be found in the sections of this work. The menus are constructed as examples only, and can be pruned or added to easily enough.

7.—SUPPER FOR EARLY SPRING.

Bouillon.

Whiting Forcemeat Cream with Shrimps,
Sauce Hollandaise *tomatée*.

Terrine of Chicken and Ham.

Breast of Veal *à l'oison*,* sauce poivrade.

Seakale with Cream.

Rhubarb *Pain* with Custard.

Croûtes creuses of Mock Crab.

* *Note*.—Wrapped in a cloth and cooked like a galantine. Unless very carefully protected and basted the skin is apt to become very hard if the joint be roasted: see page 109 for the preparation of the meat.

8.—FOR LATE SPRING.

Poule-au-pot—Old Fowl Broth (page 7).

Marinated Mackerel or Grey Mullet, new Potato Salad.

Moulded Cream of Fowl (made of the best meat of the fowl used for the soup).

Stuffed Shoulder of Lamb (page 116), Sauce No. 14.

Pain of Green Gooseberries (consolidated Gooseberry Fool).

Croustades of Shrimp Butter (page 209).

9.—FOR EARLY SUMMER.

Clear Soup—Brunoise.

Piece of Salmon, Salading, Sauce Tartare

Chaud-froid of Duckling and Peas (page 169).

Rolled Beef Steak (p. 107), Sauce No. 25—Asparagus, Sauce No. 16.

Compote of Strawberries and Cream.

Canapés with Caviare.

10.—FOR LATE SUMMER.

Clear Mulligatunny.
 Lobster, with Vinaigrette Sauce, and Salading.
 Lamb Cutlets in Meat Jelly, Sauce No. 5.
 Fowls à l'Ivoire (p. 126), Sliced Tongue.
 Peas or French Beans à la Crème.
 Salads of Summer Fruits with Kirsch.
 Artichoke Bottoms à la Princesse (page 191).

11.—FOR EARLY AUTUMN.

Clear Mock Turtle.
 Pain of Oysters, Sauce No. 33.
 Moulded Curry of Calf's Head (page 130), Sauce No. 26.
 Terrine of Grouse and Hare Jellied.
 Tomato Salad.
 Chartreuse of Apples and Blackberries.
 Cream or Custard.
 Coquilles of Olives Farcies (p. 55).

12.—FOR LATER AUTUMN.

Thick Game Soup.
 Wyvern's "Mock Crab" with Cod (page 150).
 Potato Salad.
 Médaillons of Mutton (page 181), Sauce No. 18.
 Galantine of Pheasant (page 133).
 Cauliflower Cream Milanaise (page 188).
 Compote of Pears, with Chartreuse.
 Caramel Pudding.
 Croûtes creuses à la Yarmouth.*

* Hard boiled eggs crushed in a mortar with herring roes, butter, seasoning and capers. Proportion: two eggs, four good roes, an ounce-and-a-half of butter, twelve capers, nepaul pepper, and salt.

13.—FOR EARLY WINTER.

Thick Ox Tail.

Brill rolled and stuffed à la Wyvern,* Sauce No. 15.

Raised Game Pie.

Cold Roast Beef, Sauce No. 25, Japanese Artichoke Salad.

Compote of Chestnuts, with Kirsch.

Sauce Mousseuse (page 226).

Little Cases with Foie-gras.

14.—FOR LATER WINTER.

Thick Mulligatunny.

Fish Cutlets (page 145), Sauce No. 17.

Noisettes of Beef (page 181), Sauce No. 20.

Hare, boned and stuffed (page 134), Sauce No. 19.

Orange Salad (page 196).

Chaud-froid à la Créole (page 222).

Tartelettes au Gruyère.

* Skin and take the two sides of a brill away from the spine, trim off the fins, lay the two pieces of fish on a board inner sides uppermost, brush over with a beaten egg, strew over this a coating of finely minced shrimps or lobster, season, roll each over in the style of paupiettes, tying the rolls with tapes in three places ; poach very gently in broth made from the bones and trimmings, then lay the rolls on a flat dish under a weight. Release when set for finishing, trim, and lightly glaze, garnish with cress, and serve Sauce No. 15, for which the broth used in the cooking of the fish should be utilized.

PICNICS.

IF it be admitted, as it generally is nowadays, that simplicity combined with artistic arrangement and skilful cookery should be aimed at in supper giving, there can be no doubt that the principle is applicable in a still greater degree to the out-door luncheon. Whether the task in hand be a picnic on a large or small scale, or a sportsman's well-earned meal, everything at all complicated should be avoided. With a few nice things well prepared and judiciously chosen the hostess may be quite sure that her guests will be satisfied. A mistake—too often made—is to provide a prodigality of dishes, not half of which are eaten, and thus with much unnecessary expense there is the saddest waste.

Bearing in mind the risk attending transport, not only in respect of crockery and glass, but also in regard to the food itself, it is obviously a wise measure to prepare a certain proportion of the picnic bill of fare in a form in which the trouble of carving is minimised and packing made easy. To this end ham, tongue, brawn, and pressed beef can be sent out sliced, wrapped in grease-proof paper and enveloped in kitchen paper; chickens and ducks cut up and tied

in shape again with tape, etc. Things that can be eaten without trouble, such as little savoury patties; small game, chicken, or fish pies of the size and shape of mince pies; rolls containing well-made forcemeats in the style of sausage rolls, and well-composed sandwiches are always popular. They travel safely in biscuit tins or cardboard boxes lined with grease-proof paper with folds of thin paper between the layers. Sweet tartlettes, puffs, bouchées, etc., if very fragile can be further protected with cardboard partitions. Salads and mayonnaises should of course be arranged and mixed on the picnic ground, the green stuff and adjuncts, fish, or whatever it may be, together with the sauce being taken out separately, the latter in wide-mouthed bottles securely corked. Broken jelly for garnishing can be carried in a covered jar. Raised pies and savoury *pains* should be put up in their moulds which can easily be removed when they are wanted; and this advice applies to mousses, mouselines, creams, jellies, and cold puddings. They should be loosened before starting—nothing more. The French fireproof pie-dishes spoken of in Section VIII. page 152, come in very handily for picnics. Suggestions as to the composition of *terrines* will be found in the place referred to. Good English pies with pie crust are of course excellent things, but they require careful packing to prevent the paste being damaged. Stewed fruits, fruit salads, cream, Devonshire cream, custard, etc., must be carried in jars carefully secured. The wide-mouthed glass jars in which prunes are sold with covers that screw on are very useful

for this purpose. These jars can be placed in a shady place in running water, if no ice has been brought, and thus become pleasantly cool. Cold things taken out of a refrigerator at home should be packed very closely, all air being excluded; in this manner they will retain much of their cold temperature. Fruit tarts are not recommended on account of the difficulty of packing them. Their light pastry is very easily damaged, and then the juice is apt to escape and spoil other things in the basket.

The picnic menu is not unlike a supper menu. Its composition ought not to be very difficult if the sections of this little book are consulted. For a party of twelve or fourteen it may be safely laid down that two principal sideboard dishes, two of minor degree, including a mayonnaise, four dishes of assorted patties, rolls, or sandwiches, with salad and one of the mayonnaise sauces, will suffice for the *premier service*. For the *second*, a fruit salad or two compotes of fruit with cream, Devonshire cream, or custard, two moulded jellies or creams, and two moulded puddings in the style of diplomate riz à l'Impératrice or caramel, four plates of assorted pastry, and cheese straws or biscuits will be ample. The process of pruning this for smaller or adding to it for larger parties is clearly a matter of no difficulty.

I have not attempted in this little treatise to speak of *hot* supper or picnic dishes. Knowing, however, how gratifying a hot stew is to the hungry sportsman—a stew that can be carried out to the field ready made, simply requiring a little wood fire in a sheltered corner

to heat it up—I give two recipes for stews which have been proved successful.

Note.—**The sportsman's Irish stew.** Choose a neck and breast of tender, well-hung mutton or a shoulder. Remove the meat from the bones, trim it in neat pieces, retaining a fair proportion of fat. Break up the bones and scrag end and put them with the skin and trimmings, six ounces of onions, four of carrots and four of turnips, one of celery, one of parsley, a dozen peppercorns coarsely crushed, and an ounce of salt, into a stewpan, cover well with cold water, set over a low fire, and go on to make a broth. When this has been done, strain off the broth, skim off all fat, put it on to boil quickly for a quarter of an hour so as to reduce and strengthen it a little. Next choose a roomy stewpan, lay at the bottom of it a pound of Spanish onions sliced in rings, and over that arrange the pieces of trimmed meat, cover with the broth, and placing the vessel over a low fire or in a moderately hot oven bring the contents of the pan almost to boiling point. Now skim and add broth to make good the loss by evaporation; cover the vessel closely, and simmer very gently for an hour, by which time the pieces of meat should come apart easily if tried with a fork. Meanwhile, during this process, choose the best mealy potatoes, taking of them double the weight of the meat used, cook them gently in their skins, *i.e.* put them into *cold* water over a low fire and bring them very slowly to the boil, then simmer very gently until the moisture is all but absorbed. When

they are done, turn the potatoes out of their skins into a bowl and mash them. As soon as the stew is ready take the meat out of it, and stir into the broth and onions the cooked potatoes, working it smoothly and well with a wooden spoon ; add broth if this be too stodgy, season with freshly-ground black pepper and salt, and then put back the meat. Set the pan over the fire again merely to heat up the whole evenly, after which the stew should be allowed to get cold for conveyance with the luncheon basket. If the stewing be done in a French earthenware casserole it can be carried as it is without changing the vessel.

The sportsman's Ragoût. Proceed as just described as far as the trimming of the meat and broth-making are concerned, then go on as follows : Mince quite small six ounces of onion, four each of carrot and turnip, one of celery, and half one of parsley. Lay two ounces of good beef dripping at the bottom of a stewpan, melt this over a fairly fast fire adding the minced vegetables ; let them fry briskly, putting in with them the pieces of meat with an ounce of glaze. Continue the frying till the meat is coloured nicely, stirring without ceasing, and then moisten with enough of the broth—warm—to cover the contents of the pan. Bring nearly to the boil, skimming off the fat, and then simmer gently for an hour. Now empty the ragoût into a bowl, cool it, remove the fat that may still rise, and put it into a vessel for transport with the luncheon basket. Those who like it can add a sherry glass of marsala, one of Harvey sauce, and a teaspoonful of red currant jelly just at the end of the stewing.



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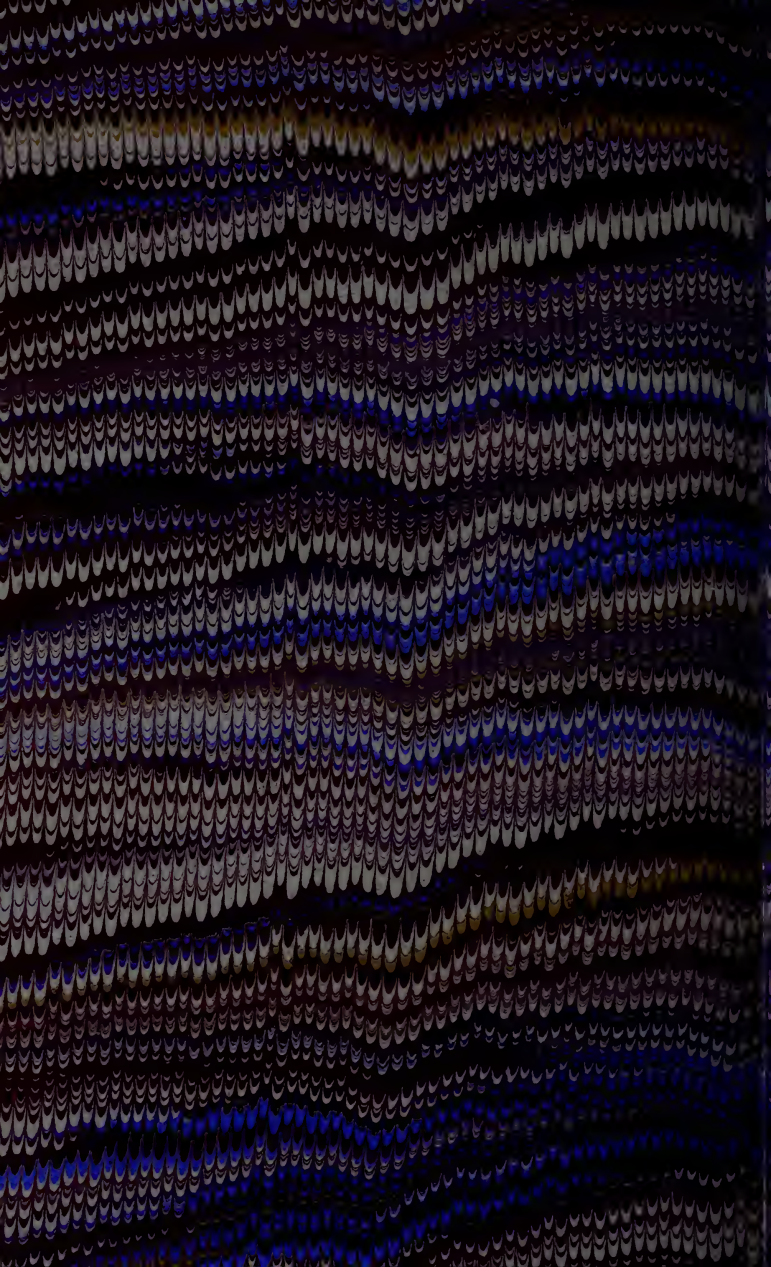
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